

# Making Quality A Habit

Putting Person Centered  
Practices to Work

*Resource Notes*

2020  
April

## One Page Descriptions for People who are Sick or Hospitalized

Here is another example (made up) of how to adapt a one page description to the times. You can use the blank format on the next page by pasting it into a Word document and adding text boxes. There will be more examples, templates, instructions how to complete as well as clinical health summary templates on the *Administration on Community Living* website in the next week at <https://acl.gov>



**Elaine**

### What people like and admire about me

- My dog Bijou is my only family and I take good care of him.
- I am a good friend to people who help support me.
- I like to sing.
- I care about other people and how they are feeling.

### What is important to me

- Please take the time to listen. I need to know you understand what I am communicating.
- I must feel safe. I have a history of not being safe in places I have lived.
- I must trust the people that are supporting me.
- You can build trust by getting to know me, listening to me and asking about my dog.
- Having all of the information I need to make a choice.

### How to best support me when I'm Sick or in the Hospital

- I have COPD and use a bi-pap.
- I need to have a low sodium diet with no salt.
- I have a history of people not listening to me and it can make me mad.
- If I get mad, I might need a little while to cool down and regroup.
- Help me stay calm and relaxed so that I don't harm myself or get mad. Ask me about my dog or to see pictures of my dog, tell me about your dog or cat, make eye contact and listen to my fears, explain things in an easy to understand way, diet coke. All of these things help me stay calm.
- I need to know what is happening or what is going to happen.
- I know my body and emotions, and sometimes I need reassurance when I am sick.
- If needed I can take medicine on my own, but I will need support so I don't take too much.

#### NorCal Gathering Committee

Trudy Grable  
Cindy Gilliam Sullivan  
Sheila Keys  
Claudia Bolton  
Bill Allen

#### Contributing Editors

Bill Allen  
Tina Calderaro-Mendoza



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**What people like and admire about me**

Blank space for writing responses to the question: What people like and admire about me.

**What is important to me**

Blank space for writing responses to the question: What is important to me.

**How to best support me when I'm Sick or in the Hospital**

Blank space for writing responses to the question: How to best support me when I'm Sick or in the Hospital.