

The well-being sheet is particularly suitable if, due to age or illness, I can no longer speak, remember or cope on my own with everyday life. The points below are intended as **keywords for thoughts and conversations** which can reveal conditions that should be written up.

- Friends and contacts
- My family
- Pets, domestic animals
- My professional background
- My interests
- My personality
- Important events
- Cohabitation, body contact
- Assistance I would like to have
- Traditions
- Community involvement
- Outlook on life, and values
- Attitude to the outdoors activities
- Sleep, rest and evening routines
- Activities of daily living
- Situations where I would rather be alone
- Food, drink and eating habits
- Somethings I cannot stand
- Advice I follow
- Attitude to physical activity
- Clothes I feel comfortable in
- Wishes for personal care would prefer to manage on my own
- Music selection
- Sound
- Light or dark
- Heat or cold
- Something I'm afraid of
- What I like to surround myself with...



MY WELL-BEING SHEET

- to those of you who meet me in everyday life

THIS IS A STORY about me and my life.
I want you to know what makes me happy.

For electronic completion, see www.ergoterapeutene.org

Prepared by the Ergoterapeutenes Seniorforum November 2014
based on an idea from the Swedish "Book of Life" (www.fsa.se).

This is what you should know about what is **Important** to me:

My name:

I would like you to call me:

Picture of myself here

▶ This is what I would like you to know about the life I have lived:

▶ This is what I **like** to do:

▶ **Habits** I would like to keep:

▶ Something I would prefer to **avoid**:

▶ You should **also** know this about me:

Thank you for helping me **just as much as I want!**

Updated date: