

Know My Usual

This page is about me.



My name

I can fill this in with someone I trust.



How do I talk?

I may use words, signs or pictures.



How do I eat and drink?

What is normal for me at mealtimes?



How do I move?

What can I do on a usual day?



How do I sleep?

When do I usually rest?

Know My Usual

This page is about how I feel.



My name



How do I show pain?

What do I do when I do not feel well?



What is different for me?

What changes should people look for?



What helps me feel better?

What should people do for me?



Who should people tell?

Write a name and phone number.

My care plan tells staff how to support me.

I noticed a change

Use this page when something is different.



Name

Date

Look at pages 1 and 2. What is different today?



1. What did I see or hear?



2. What did the person tell me?



3. What did I do?



4. Who did I tell? What happens next?

In Case of Emergency: Call 000 immediately.

How to Submit: Fill out this document and email the completed PDF to hello@careassure.com.au.