



## Guide to completion

The purpose of this sunflower is to support the provision of person centred care for hospitalised older persons with cognitive impairment or dementia. It can be completed with the person, their family, carers or both.

The centre of the sunflower identifies the person's name or what they like to be called. Each petal is designed to collect important individualised information about the person. Below is a general guide to what can be included.

**People important to me:** List the first name of important family members or friends.

**Past occupation:** List the main or most important occupation of the person.

**Hobbies and interests:** List interests or hobbies which have been or are still important to the person e.g. Golf, fishing, gardening, football, knitting, watching TV, listening to the radio etc. If the person has a particular TV program they enjoy, this can also be listed here.

**Favourite music:** Hearing familiar music can be reassuring and settling. List any music the person particularly enjoys. If music is important, the family can be asked to bring some music in to play.

**Things I like:** List anything of particular importance to the person. E.g. 'my slippers' or 'my dressing gown'.

**Pets:** It is important to know if the person has a particular pet they are attached to. People can often miss the closeness and familiarity of their pet. Knowing the pet's name and talking about the pet can be reassuring for the person and support your communication with them. You can also ask the family to bring in any photos of the pet they may have.

**Places I like:** This can include places the person enjoys reminiscing about, such as places they remember having lived or holidayed at in the past.

**Place of birth:** Where the person was born.

**Other:** This petal can be used to add any other important information. Things to think about include: Is there anything else we should know about the person? Is there anything they don't like? Is there anything that upsets them?

