

What is 'Say It Once'?

Last Updated on _____ NHS No. _____

say it once

My Personal Profile

This document holds information about me and is my personal property. It has been completed by me personally, or by my representative.

Please return this form to me.

(I understand I should use black ink and CAPITAL letters if I am not completing this form electronically. I only need to include the information that I wish to provide.)

My details:

My first name(s)	My title	My last name
My preferred name (if different from my first)	My NHS number	

My communication preferences:

Language(s) I speak & understand	
I communicate by using (e.g. words, some words, easy words, signing, other)	
I need help to understand things	
My eyesight	
My hearing	

The information recorded on this form may also be stored electronically, and shared via the Hampshire Health Record (HHR). It can only be accessed by those with a legitimate need to see information about me

I have agreed to this: I have NOT agreed to this:

2011a - Created on 26/05/2011
Further information may be available in the Hampshire Health Record. Also see www.sayitonce.info

CONFIDENTIAL Page 1

'Say It Once' will help us:

- Change the way the information is shared.
- Have more control over our own information.
- Have the information we need to make decisions.
- Save time when it really matters.



To find out more:
Phone: 01794 519495



Email: contact@sayitonce.info
Website: www.sayitonce.info

What is a 'Personal Profile'?



Information about you is important if you're ill and have to;

- See a doctor or nurse or
- Go into hospital in an emergency.

The Personal Profile is a form where you can keep all your information. It can help you:



- Remember what's important to you.
- Say what you want.
- Make sure you don't have to repeat the same things to different people

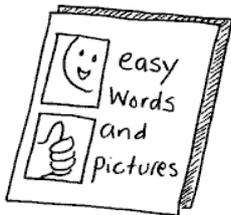
You can decide if you want to have a Personal Profile



You can ask someone to help you with the form.

When you've finished your Personal Profile you can choose to share it with other people.

What to put in your Personal Profile?



1. How you communicate:

e.g. If you communicate by sign language or if you understand better when people use easy words.



2. Your home

e.g. How to get into your home and who you live with.



3. Your care and support

e.g. Your G P or your support worker.



4. Your health

e.g. Any allergies and other health problems.



5. Emergency contacts

e.g. Who and what you'd like to happen (or not)

Where to put my 'Personal Profile'?

Your information belongs to you. To make sure its safe:



- Keep a paper copy in your wallet or purse in case you need it.

- Put it in "your message in a bottle" in the fridge



- Give a copy to your family, friends or to the person who helps you.

- Store it on the Hampshire Health Record

Who can see my 'Personal Profile'?



The Personal Profile is for you to keep. You can show it to other people if you want to. This can include friends, family or people who help to look after you.



Another way to share the Personal Profile is in the Hampshire Health Record. Which is a record on a computer.