

Who to share your Personal Profile with

The Personal Profile is for you to keep and give to people you wish to share it with.

This might include friends, family, health and social care workers or anyone you feel happy to share this information with.

Sharing your Personal Profile with the Hampshire Health Record

You may also wish to share your personal profile in the Hampshire Health Record. This is a secure central method of collecting and storing summary information from a range of health and social care systems. It is then available, with your permission, to those who can help you.

To store your profile, contact Say It Once.

What is Say It Once?

Service users and carers from Hampshire, Portsmouth and Southampton, working with local health and social care colleagues, have launched the Say It Once website. This aims:

- To change the way information is collected and shared
- To help people take control of their lives
- To provide information to individuals that helps them to find the help and care that they need
- To help the individual improve the care that they receive
- To save time when it really matters
- To respect confidentiality and the need for sharing in line with individual wishes.

Personal Profiles

Most people hold information about themselves but do not always keep it in the same place. This means they often cannot find it easily when they need it. It is especially difficult when they see a professional for treatment or are taken into hospital in an emergency.

The Personal Profile has been developed with service users and carers to improve everyone's experience of health and social care. It is intended to:

- help individuals to remember and record information that is important to them
- help individuals to prepare/record their preferences and choices for future needs
- ensure they do not have to keep repeating the same information about themselves to different professionals.

Completion is entirely voluntary. Individuals decide which sections they wish to complete and how much they share with others.

The correct information shared with the appropriate professional at the right time may save your life.

Contact Say It Once

For more information about the Personal Profile please contact Say It Once:

Phone: 01794 519 495

Email: contact@sayitonce.info

The Health and Social Care Personal Profile



www.sayitonce.info

Helping you

These notes are provided to give you some ideas about the kind of information you may wish to record or share, but it is your choice what you actually put in the Profile—you do not have to fill in the whole form.

In case you are unable to make decisions yourself, you may also wish to arrange for your nearest relatives or friends to act on your behalf.

You may wish to record:

How you communicate

- The language you speak and understand
- If you need an interpreter to help you communicate
- If you communicate by sign language
- How you may understand better if people use easy words and explain slowly
- Whether you wear spectacles

Your allergies and long term health conditions

Any allergies and health condition(s) you have which you may want others to know about e.g.:

- Allergies e.g. penicillin or bee stings
- Heart and circulation problems
- Epilepsy
- Mobility problems
- Diabetes
- Diet e.g. gluten free
- Other serious illnesses

Things that are important to you

You may wish to record certain things that are important to you. You can also include details of pets you are responsible for.

Your home and who you live with

- Access details for your home (e.g. alarms)
- Key-safe details (including who holds the code and their contact details)
- Details of anyone you live with and/or any dependent children living with you.



Your Personal Profile

People you care for

Details of anyone who relies on you for care, either at home or away from your home.

Regular Care and Support

- If you receive regular care and support, details of who provides it and their contact details
- Information on the frequency and type of support you receive
- Any recent changes that have affected your health and wellbeing

You may wish to include:

GP details

- The name and contact details for the doctor you usually see.

Medicines

You may wish to record the names of medicines you take. This could be prescribed or personally acquired. Information could include when you take them, how you take them, the amount you take or why you take them.

You may also wish to include any important relevant medical history—for example any recent hospital visits or admissions, operations, treatment and/or falls.

Emergency Contacts

- Who to contact in an emergency
- Whether information should be shared
- Specific things you would like to happen or not happen in an emergency (eg who should look after pets).

Where to keep this profile

- Keep a paper copy with you in your wallet or handbag in case of an emergency
- Put it in your 'Message in a Bottle' that you hold in your fridge
- Give a copy to your family or friends or the person who supports you
- Store it electronically on the Hampshire Health Record (see overleaf for more details.)