

## PERSON-CENTERED DESCRIPTION

The following page is designed to assist you and your loved one in crafting a simple guide to help others understand how to provide the most effective support. It enables others in the caregiving network, including medical and social supports, to know more about your loved one's needs, history, personality, and what is important to them.

This is called adopting a "person-centered" approach to caregiving. This approach prioritizes acknowledging and respecting the unique characteristics, experiences, and aspirations of each individual, ensuring that care is as fulfilling and effective as possible.

**MY NAME IS:**

What people like and admire about me:

Things that are important to me:

Insert photo

Ways to best support me:

Characteristics of people who support  
me best: