

**My Health and Personal Care information chart-**  
**Guidance document for people with MND and their carers**

If you, or the person with MND who you are caring for is going into residential care for respite or permanent placement, or into a hospital for care you may like to complete a My health and Personal care information chart.

This is intended to be a quick reference point for the people who are providing care at the bedside – to remind them of the basic needs you have to be comfortable and safe and to communicate your needs. The facility will have a more detailed care plan, a medication chart and if needed, prescriptions for PEG feeds, dietary modifications, settings for non-invasive or other respiratory supports.

You can use the sample chart to help you think of the kinds of things you might want to include. If you need help to complete the chart, ask your MND Advisor or Support Coordinator, or other care provider who knows you and your preferences and needs.

It's important that you date the form and make sure that if things change, another one is written to replace it.

Listing the equipment that should be used to assist you will also prompt staff to do this to ensure you are safe. It also means that you can check that you have everything you brought with you ready to go with you when you return home, or if things need to go back to the MNDV library.

If you have any feedback for us on whether this chart has been helpful, or if there are things that could be changed, please share this with your MND Advisor/ Support Coordinator.