



Things That Help Me Feel Calm

A personal comfort profile to share with family, friends and carers

About Me

Fill this out together with a family member, friend or carer. Update it whenever things change — favourites, routines and comforts can shift over time.

My name

Preferred name

The people who are most important / closest to me

My favourite topics to talk about

Things I Enjoy Doing

- ☐ Gardening
- ☐ Walking
- ☐ Reading
- ☐ Puzzles
- ☐ Knitting
- ☐ Craft
- ☐ Colouring
- ☐ Cooking
- ☐ Watching sport
- ☐ Watching old movies
- ☐ Looking through photographs
- ☐ Singing
- ☐ Play cards
- ☐ Other:

My Favourite Music

My Favourite Foods and Drinks

Foods

Drinks

These Things Usually Help Me Feel Calm

Tick what applies. Add or remove anything that doesn't fit.

- | | |
|--|--|
| ☐ A friendly smile | ☐ Gentle conversation |
| ☐ Someone holding my hand (if I want them to) | ☐ Quiet surroundings |
| ☐ Sitting in the sunshine | ☐ Looking at family photographs |
| ☐ Listening to my favourite music | ☐ Watching birds or nature |
| ☐ A warm cup of tea or coffee | ☐ A favourite snack |
| ☐ Reading together | ☐ Sitting in the garden |
| ☐ Folding towels or helping with simple jobs | ☐ Watching familiar television programs |
| ☐ Looking through memory books | ☐ My favourite blanket |
| ☐ My favourite chair | ☐ My pet or photos of my pet |
| ☐ Prayer or spiritual support | ☐ Other: |

Things That May Upset or Distress Me

- | | |
|--|---|
| ☐ Loud voices | ☐ Being told I am wrong |
| ☐ Pain (may not be obvious) | ☐ Hunger |
| ☐ Being rushed | ☐ Loud television |
| ☐ Too many people | ☐ Cold rooms |
| ☐ Being corrected | ☐ Arguments |
| ☐ Bright lights | ☐ Sudden changes to my routine |
| ☐ Being left alone | ☐ Unfamiliar people |
| ☐ Noisy animals | ☐ Noisy children |
| ☐ Feeling tired | ☐ Not enough sleep |
| ☐ Feeling thirsty | ☐ Other: |

If I Become Upset, Please Try...

- | | |
|---|---|
| ☐ Speak slowly | ☐ Sit beside me |
| ☐ Reassure me that I am safe | ☐ Give me time to answer |
| ☐ Offer me a drink | ☐ Offer a favourite snack |
| ☐ Play my favourite music | ☐ Look at photographs with me |
| ☐ Go for a short walk | ☐ Change the subject gently |
| ☐ Reduce noise around me | ☐ Turn on lights if it is getting dark |
| ☐ Give me some quiet time | ☐ Other: |

Please Avoid

- ☐ Arguing with me
- ☐ Telling me I am wrong
- ☐ Rushing me
- ☐ Speaking loudly unless I ask you to
- ☐ Testing my memory
- ☐ Asking too many questions at once
- ☐ Moving my personal belongings without telling me
- ☐ Correcting every mistake I make

Important Things to Know About Me

My Daily Comfort Routine

Morning

Afternoon

Evening

A Note for My Family, Friends and Carers

Please remember that even if I can't always remember names, places or recent events, I still experience emotions. A kind smile, a calm voice, patience and reassurance help me feel safe.

When I become confused or anxious, I don't need someone to argue with me or correct me — I need someone to understand how I'm feeling.

Please don't tell me my friends, family or loved ones are dead if I ask about them, or if I say I haven't heard from them in a while. Every time is like the first time hearing it.

Thank you for treating me with kindness, dignity and respect.

Small acts of compassion can make a very big difference to my day.