

# 5 Keys to me

5 Keys to me is designed so that your Care Support Worker can provide you with support, down to the finest detail. Your response to each key can be completed in partnership with a family member or with your Care Support Worker.

ATTACH YOUR  
PHOTO HERE  
PLEASE



## KEY 1 Family background



Preferred name:

Married:

Children:

Grandchildren:

Great grandchildren:

## KEY 2 Career and Achievements



## KEY 3 Hobbies and Interests



## KEY 4 Mindfulness



## KEY 5 Luxuries

