My Choices **4.2 ABOUT ME** DATE:

baptist care sa

MY STORY

You can create a short life story with background information so your support workers, family and friends who visit get to know a bit about you. Add photos if you wish. You may briefly cover:

- **Where you were born:** *Your country, your childhood, your family history.*
- **Your culture:** *Your important customs, traditions, and special celebrations.*
- **Your spirituality:** *Your faith life, religion and its key practices.*
- **Your adult life:** *Where you lived, your family, your extended family/kin, your work - paid and voluntary, your activities, your pastimes, your achievements, your causes, your important memories.*
- **Your legacy:** *Tell us what is really important to you and why?*
- **Your life now:** *What/who is most important to you now? What would you like to say to them? What would you like to say to us so we can support you effectively?*

About Me