



Health Care Access Research  
and Developmental Disabilities

## About Me: My Health Information

### My Information:

My name: \_\_\_\_\_

My birthday: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

My address: \_\_\_\_\_

My phone number: \_\_\_\_\_

### Other Information:

I receive ODSP: yes \_\_\_ no \_\_\_ *For Staff: If yes, list of medications available  
in Drug Profile Viewer*

I live (choose one): in my own house/apt \_\_\_ with family \_\_\_ group home \_\_\_

### Who to call for help:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Relationship to me: \_\_\_\_\_

### My family doctor:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

**For Staff: \*medication and allergy information on back page**

## Other Information About Me

**Things that I liked to do to feel good:**

**Information about my medications:**

**Allergies:**

**What I am allergic to:**

**What happens to me:**

**Patients/Caregivers:** If you would like to provide feedback on how you used this tool, please contact the DD CARES team at:  
[ddcares@camh.ca](mailto:ddcares@camh.ca)

## How can you help me today?

My biggest fear about seeing Doctors and Nurses is:

If I'm in pain, I show it by:

If I get upset, I show it by:

The best way to help me if I get upset is to:

If you have to do a medical procedure (e.g., needle, x-ray), these things might help:

**Things that you can do to help me communicate:**

*Mark an 'X' next to the things that help.*

Speak Slowly:  Repeat things:  Let my caregiver explain:

Use Pictures:  Write it down:  Use simple language:



Things I like:



Things I don't like:

I have a crisis plan: yes \_\_\_\_\_ no \_\_\_\_\_

A crisis plan may include de-escalation techniques and interventions.  
Ask caregivers for this information

## Why am I here today?

Mark an 'X' next to your reason(s):

I feel sick:

Something is wrong,  
but I don't know what:

I am sad about something:

I am very angry:

I am in pain:

I'm nervous about being here:

Please fill out:

What happened?

When did this start?

Where does it hurt, or not feel well?

### For Staff

Commonly missed  
diagnoses in DD:

- Dental pain
- Constipation
- GERD
- Polypharmacy & side effects
- Sensory issues
- Ear infection

Common Social Stressors:

- Change in routine
- Change in worker
- Change in roommate
- Change in living situation
- Past trauma or abuse

Remember ABC!

All

Behaviour is

Communication

What is the behaviour  
trying to tell you?

What do you think will help you feel better?