

# 'This is Me' leaflet launched

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Alzheimer's Society has launched a leaflet called '[This is me](#)' for people with dementia who are going into hospital.

'[This is me](#)' is a simple and practical tool that someone going into hospital can give to staff to help them understand the condition. It provides a 'snapshot' of the person with dementia, giving information about them as an individual, such as needs, preferences, likes, dislikes and interests.

This should enable staff to treat each person as an individual, thereby reducing distress for them and their carers and helping to prevent issues such as malnutrition and dehydration.

'This is me' was first developed by the Northumberland Acute Care and Dementia Group and is being supported by the Royal College of Nursing.

- [Download the 'This is me' leaflet](#)



Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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