

# About Me

Here are tips to help you and me.

1. Say your name and identify yourself in front of me at eye level.
2. Try to eliminate the need for too many choices, which can be frustrating. But please let me know what you are doing.
3. Please talk slowly and clearly.
4. Break tasks into parts, giving one direction at a time, leaving time in between for me to complete the previous task.

I have been diagnosed with:

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My name is:

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I am \_\_\_\_\_ years old

My doctor is: \_\_\_\_\_

I take these medications:

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I am allergic to:

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My address is:

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What comforts me:

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What foods I like:

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## About Aegis Living

Aegis Living is a leader in assisted living and memory care communities on the west coast. Headquartered in Bellevue, Washington, Aegis Living operates 32 senior living communities in Washington, California and Nevada guided by a simple philosophy: "To treat each resident as if they were our family member."

**Aegis Living**  
Assisted Living | Memory Care

Find the community nearest you!

866-688-5829

