



**HCP / Caregiver(s):** Mum and Dad – you can reach them at  
ph

# My Short Story



<b>My name is</b>	Bob
<b>My birthday is</b>	05/02/2010



<b>My favourite things to do</b>	Pat my dog, have cuddles with close friends and family, eat ice-cream
<b>When I am happy I...</b>	Get excited, laugh and flap my hands
<b>I can do these things for myself</b>	Eat, drink, walk, watch TV
<b>My favourite foods</b>	Ice-cream, mince and pasta



<b>I don't like to</b>	Be left alone in a crowd, hear lots of loud noises
<b>When I am worried I...</b>	Wring my hands and sometimes rock and cry
<b>I need help with</b>	Getting dressed, staying warm or cool with changing temperatures, going to the toilet, following instructions, basic hygiene
<b>My least favourite foods</b>	Most vegetables

## About me & how to help



### Urgent care is required when

I have seizures - See my seizure management plan

I have a condition called

Pitt-Hopkins syndrome

### Describe symptoms

### How to help

<b>Mobility &amp; stamina</b>	I have reduced coordination, strength and energy levels	Take time to explain activities, allow extra time, stand by to assist and let me have frequent rests if I'm tired
<b>Communication and comprehension</b>	I understand more than I can express I get confused with lots of instructions	Take time to explain, use simple one-step instructions, check that I understand
<b>Behaviour and sensory processing</b>	I have sensory processing difficulties - Loud noises & crowded places make me feel scared	Check me after falls, trips or other accidents- Stay close & reassure me
<b>Eating and drinking</b>	I can drink & feed myself	Prompt hand washing before meals
<b>Toileting and hygiene</b>	I need help to manage my bladder and bowels	Take me to the toilet regularly (no more than two hours between visits) Prompt & supervise wiping myself and washing hands
<b>Breathing and sleep</b>	I sometimes breathe quickly and irregularly	Watch more closely and help me to sit down, this may trigger a seizure