



Down Syndrome
Australia

About me

This resource has been developed for health professionals to learn more about the person with Down syndrome and how to provide the best support and care for the person.

My name is:

My age is:

The things I like:

The things I might need more help with during my appointment are:

The best way to communicate with me is:

If I am upset or concerned the things that make me feel better are:

The medications I take are:

The top 5 things you should know about how to best support me:

1.

2.

3.

4.

5.

My family and supporters are:

Anything else I'd like you to know about me:

My main health concerns are:

Health Record

Name		Photo	
Preferred name			
Date of birth			
Address			
Phone number			
Medicare card			
Private health insurer			
Health card number			
Diagnosis	Down syndrome		
Other diagnosis			
Height		Weight	
Are you a smoker?			
Vaccination			Date

Health professional	Speciality	Phone number	Address

Contacts

Next of kin

Name	Address	Telephone	Relationship

Other relevant contacts

Name	Address	Telephone	Relationship

Current medications

Medication	Dose	Time to take	Prescribed by	Reason for

Allergies or reactions

Medication or other	Last taken	Reaction

Test and scan results

Test	Date	Where	Result	Action

Doctor visits

Doctor's name	Date of visit	Reason for visit	Outcome

Hospital admissions

Medication or other	Date admitted	Reason	Doctor seen	Outcome