



As part of your annual medical assessment, your opinion on the sort of care you want matters. We divide care into the 'Five Ms' and you can write your thoughts in the boxes below. If you have difficulty, please ask a friend, relative or nurse for help. You can write on the back too.

**Mobility** - How do you get around? What do you want to do to become more mobile?

**Medications** - do you take a lot? What do you think about them?

**Multiple issues** - What medical problems do you have, and how well do feel you manage them?

**Mind and Mood** - How is your day-to-day thinking? How do you feel in yourself?

**Matters Most** - what does matter most to you?