

## About Me- A One Page Profile.2

### What others like and admire about me

- My dancing
- My ability to get people's attention
- My friendliness
- My ability to make people smile

### What's important to me

- My mum, my sisters and their partners, my nephews and my grandma and grandad
- Spending time with my family especially my nephews
- Being around people at home
- Having a routine including my visits to a day centre
- Being able to get out and about
- Travelling on the Metro and in the car as I enjoy looking out the windows
- Dancing – I'm becoming great at doing this in my wheelchair
- Having hustle and bustle around me as I don't like quiet
- Watching TV
- Listening to music
- Being able to get people's attention

### How best to support me

- Although I'm friendly you need to realise I sometimes put my eyes down when I'm tired
- By helping me communicate and understanding me. I can be very vocal – you can tell by my tone if I want the DVD off or if there is something I don't like on TV
- Supporting me to walk to get some exercise – I need 2:1 support in the living room
- By appreciating I can find it difficult to express myself
- With bathing and other aspects of personal care
- With eating, medication and finances
- By helping me to go shopping
- By helping me communicate with people
- By supporting me to continue to see my family
- By accompanying me to go out and about