

About Me- A One Page Profile

What others like and admire about me

- My friendliness
- My bubbly personality
- My willingness to make new friends

What's important to me

- Seeing my mam and dad and the rest of my family
- I like anything that sparkles and shines – I have a disco ball in my bedroom and glitter in my carpet
- I love to go out shopping and I like 'girly' things
- I like to go the cinema and to play games on my iPad
- I enjoying listening to music – one of my favourites is Olly Murs and I have a poster of him on my bedroom wall

• How best to support me

- By being patient with me
- By understanding that I need gentle persuasion to do things
- I need someone who can motivate me
- By appreciating that I don't like loudness

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What others like and admire about me

- My caring and gentle nature
- My thoughtfulness
- My witty sense of humour

What's important to me

- All of my family but especially my mam who I like to visit weekly
- I love the cinema and especially enjoy action films
- I'm a keen photographer, some of the pictures I've taken of birds have been turned into canvases
- I like to visit Options – a day centre in Newton Aycliffe and regularly go on trips with them including London
- In I enjoy going out in general and quite relaxed about where I go

How best to support me

- By being patient and not hurrying me
 - By giving me plenty of time to answer questions – because I like to think about my answers
 - By not asking me too many questions at once
 - By understanding that when I do household tasks I like working with my support staff.
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What others like and admire about me

- My laugh
- My ability to make people happy
- My energy
- My determination

What's important to me

- My mam and my sister
- I enjoy music and dancing – Mamma Mia is one of the soundtracks I like to dance to
- I love to have a long lie in and I like to go to bed early
- My support staff being patient with me
- I like watching the soaps and my favourite is Coronation Street
- I enjoy it when people make a fuss of me
- I like being pampered – especially having my nails and hair done

How best to support me

- By supporting me with meals, medication, finances and personal care
- By having patience and giving me time to make up my mind
- I have dementia – so I need someone who is understanding and sensitive to my needs
- It is important to support me that you get to know me
- I can be unpredictable so it helps if you can assess the situation and be adaptable – it also helps if you are resilient

About Me- A One Page Profile

What others like and admire about me

- My wit and dry sense of humour
- My capabilities
- My caring and thoughtful personality especially when I get to know someone well

What's important to me

- My family and my girlfriend – I enjoy being with them and seeing them regularly
- Going to the cinema – films with super heroes are some of my favourites
- I also enjoy watching films in the house and have a good collection of DVDs
- Although I don't go to the football matches I do follow Newcastle United
- That as far as possible I have a routine
- Attending the Remembrance Day events in London each November

How best to support me

- By adopting a consistent approach when supporting me
- I don't really like deviating from my routine, so I need someone who can help me understand that there are other people to consider
- I value my independence – so when you are supporting me you have to know when to step back
- By supporting me to access the community – I love getting out and about
- I'm not a fan of housework so I need encouragement to get involved