

## About Me- A One Page Profile

### What others like and admire about me

- How I make people happy
- My ability to be myself
- My desire to try new things

### What's important to me

- My mam and dad, my sister, my grandparents and my aunty and uncle
- Having plenty of family involvement
- That I have a really good relationship with the people who support and care for me
- Having a routine and good food
- My love of TV and musicals - my favourite is Mary Poppins
- Being read to
- Going to the beach because I love the feel of sand on my feet
- Being able to enjoy the countryside
- Having sensory items
- When I do go shopping - which I'm not keen on -I can enjoy cake and coffee and a visit to the Disney or Lego shop

### How best to support me

- By being proactive and thinking creatively about things I can do
- When I am read to I like people to change pitch so I can hear the highs and lows of their voice
- I like my support staff to give me hand and feet massages
- When you are with me I like you to be animated and expressive - I like it when people pull funny faces
- With my mobility which is not as good as it was
- By helping me to communicate
- At meal times
- With bathing, dressing and other aspects of personal care
- At meal times, with medication and with my finances
- By helping me access the community