

About Me- A one page Profile

My name Person 4

People who are important to me
My Family
My friends
My housemates
My support workers



It is important to me that

It is important to me to make my own choices
It is important to me to maintain relationships with my family and friends
It is important to me to look and feel smart
It is important to me to be supported to partake in activities I enjoy
It is important to me to spend my money how I like, on things I like
It is important to me to feel safe

I am great at

Being sociable
Having a laugh and a joke, making people laugh
Singing and dancing
Swimming

I sometimes find it difficult to

Communicate how I am feeling, e.g. when feeling anxious or sad
Understand boundaries with others
Listen and take on board requests

I need support to

I need support with my personal care
I need support with meal and drink preparation and to eat a balanced and varied diet
I need support to take my medication safely and appropriately
I need support to access the community and to partake in hobbies and activities I enjoy
I need support to manage my finances and budgeting

I want support to

I want support to maintain my busy lifestyle
I want support to try new things and for me to be supported to understand what will happen throughout new ventures
I want support to attend the weekly disco

About Me- A one page Profile

My name	Person 1
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People who are important to me	My family My housemates My support workers
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It is important to me that

It is important to me to make my own choices

It is important to me that I have a calm and quiet environment

It is important to me that my environment is kept clean and tidy

It is important to me to spend my money how I choose

It is important to me to be supported to be access the community and do the activities I enjoy, i.e. walking in open land, riding on a bus (when it's not busy)

It is important to me that people communicate with me using simple language and short sentences

It is important to me to feel safe

It is important to me to have access to inhouse activities that I enjoy like paper and pens and jigsaws

I am great at

Being helpful and doing chores around the house

Helping to keep my room and my home tidy

Drawing and doing jigsaw puzzles

Helping to prepare meals, i.e. preparing vegetables

I sometimes find it difficult to

Communicate my needs effectively

Communicate my feelings e.g. what is worrying me, if I feel anxious

Be around too many people or too much noise

Adapt to change

I need support to

I need support with my personal care

I need support to take my medication safely and appropriately

I need support with meal preparation and to eat a balanced and varied diet

I need support to participate in community activities i.e. shopping and to attend a weekly strollers (walking) club.

I need support to manage and budget my finances

I want support to

I want support to go for daily walks

I want support to plan holidays and day trips throughout the year to go to places I would like, with lots of open land, nature and greenery

About Me- A one page Profile

My name	Person 2
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People who are important to me	My Family My girlfriend My friends My housemates My support workers
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It is important to me that

It is important to me to maintain a relationship with my family, my girlfriend and my friends
It is important to me to make my own choices
It is important to me to spend my money the way I choose doing things I enjoy e.g. going to the cinema, the theatre and going out for meals
It is important to me to look smart
It is important to me to be supported to access the community and to socialise
It is important to me that I feel safe
It is important to me that I wear a watch

I am great at

Socialising and interacting with people
Making people laugh and smile

I sometimes find it difficult to

Mobilise and need support within my home and to access the community with my wheelchair.
Communicate my needs and feelings, e.g. if I am in pain

I need support to

I need support with my personal care
I need support to take my medication safely
I need support to mobilise in my wheelchair
I need support to access the community and make contact with my family and friends
I need support look after my health i.e. with arranging and attending appointments
I need support with managing and budgeting my finances
I need support with meal and drink preparation and to maintain a healthy and balanced diet

I want support to

Maintain a social and fulfilled life, and relationships with people who are important to me
Try new ventures
Plan day trips throughout the year

About Me- A one page Profile

My name

Person 3

People who are important to me

My family
My housemates
Staff who support me



It is important to me that

It is important to me to maintain a relationship with my family

It is important to me to feel safe

It is important to me that I am able to rely on a good support team

It is important to me to be supported with sensory stimulation to enable me to interact and engage

It is important to me to spend my money on things that will improve my life and things that I enjoy

It is important to me to interact with others

I am great at

Making people smile

Engaging with staff to sensory stimulation

I sometimes find it difficult to

Communicate and express my feelings, needs and wishes

Mobilise as I require support with hoisting and my wheelchair

I need support to

I need support with all aspects of my daily routine, such as personal care, meal preparation, feeding/drinking and medication

I need support to manage and budget finances

I need support to maintain relationships with my family

I need support in maintaining regular stimulation through massage and sensory items.

I need support to listen to my music

I need support being in the company of people

I want support to

I want support to access the community

I want support to maintain relationships with my family