

What I would like from my support worker

1. A positive attitude

I like to laugh and keep a positive vibe in my home; I need lots of support with maintaining positive relationships and contact with my family.

2. Flexibility

I like to go out with my support workers

3. Driver would be good but not essential

I do not have my own cars so you would need to have business cover on your car, this is not necessary though as I do like going on the train and bus.

4. Patient and supportive

I want to do as many things for myself as possible. I need someone with the time to show me how to do it and support me if I make mistakes.

5. Reliable

I need someone who is not going to let me down as this may result in me missing activities and not reaching my full potential.



Are you the support worker for me?



Who I am

I am an individual with many varying needs and I am looking for someone to come and support me to achieve my aspirations.

I live in Selby, which is a small market town about 30 minutes from York.

I like to keep my home clean and organised. I attend a day centre Monday-Friday and I really enjoy my time there.

I enjoy going out for Sunday dinner with my support workers.

I like to keep in contact with my family

TRUSTWORTHY

We are **Trustworthy**. When we promise something, we don't let people down.

INCLUSIVE

We are **Inclusive**. People with a learning disability are at the heart of everything we do.

Caring

We are **Caring**. We treat everyone with respect and kindness.

chALLENGING

We are **Challenging**. When we see things that aren't fair we will campaign until we see real change.

POSITIVE

We are **Positive**. We never stop believing in a better future and we celebrate what we are proud of now.



Nothing about me without me



What I would like from my support worker

1. A positive attitude

I like to laugh and keep a positive vibe in my home

2. Flexibility

I like to go out and about this can sometimes cause me lots of anxiety so I would need time and patience from my support worker

3. Driver would be good but not essential

I do not have my own cars so you would need to have business cover on your car, this is not necessary though as I do like going on the train and bus.

4. Patient and supportive

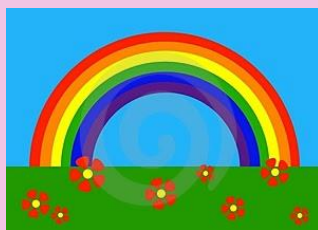
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Who I am

I am an individual with many varying needs and I am looking for someone to come and support me to achieve my aspirations.

I live in Selby, which is a small market town about 30 minutes from York.

I like to keep my home clean and organised. Spending regular time with my family is important to me.

I am a very active person, I attend a variety of activities, these include going to my college group on a Thursday, crafts and going out on a Friday night to my local pub amongst many other things.



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What I would like from my support worker

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I like to laugh and keep a positive vibe in my home; I need lots of support with maintaining positive relationships.

2. Flexibility

I like to go out and about this can sometimes mean some late nights and early starts

3. Driver would be good but not essential

I do not have my own cars so you would need to have business cover on your car, this is not necessary though as I do like going on the train and bus.

4. Patient and supportive

I want to do as many things for myself as possible. I need someone with the time to show me how to do it and support me if I make mistakes.

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I live in Selby, which is a small market town about 30 minutes from

York.

I like to keep my home clean and organised.

I am a very active person, I attend a variety

Of activities, these include slimming world, crafts and going out on a Friday night amongst many other things.

I also love to attend parties and entertainment at the railway club which can result in a few late nights. I am a great friendly person.



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I enjoy my food and spending regular time with my family is important to me.

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