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## Dorothy

### What's important to me whilst using the respite service

My family – my daughter –my son-in-law, my grand-daughter and husband, my grand-son and wife.

My health and family's health

That people show respect to each other, something that I had instilled in me.

To always be of good appearance, to look the best I can- to keep up my appearance, nails, make-up etc.

To have my own space and privacy when I want it. To have quietness but not loneliness, I like to be where people are but don't always want to mix.

To have the time to do things as I wish, don't rush me I like to do things at my own pace these days.

People around to talk to or just watch - I love people watching.

To have a chair and small table by the side so I can do my word searches, I spend ages doing them.

### What people like and admire about me

- My appearance
- My good nature
- My independence throughout my life, which has been hard at times
- That I am polite at all times and if I can help anyone I will.

### How best to support me

Bring me a cup of tea to my room early in the morning and then give me some privacy whilst I am seeing to my appearance. Take time to have one to one chats with me

Remind me that the hairdresser is here, I like to have my hair done weekly but forget what day she comes in sometimes, arrange for me to go down to the hairdresser.

Assist with painting my nails; I'm not as neat doing it these days so assistance is very much appreciated.

Assist with shower when I request it, only one person though as I find it a bit embarrassing when there's more.

Support from staff when I request it, I will try to do as much as possible for myself as I value my independence.