

Karen's One Page Profile



What people like and admire about me...

"Great smile, laughter"

"Reliable Employee"

"Love of music"

"Hardworking IT student"

What's important to me?

- Companionship, I do not like being alone.
- Family, especially my nephews.
- Friends
- Going to college
- Jigsaws and puzzles
- Having my hair done.
- Going to the British Legion
- Meeting up with friends at the disco.
- Keeping the same staff who know me well.
- Being spoken to with respect.
- The soaps on TV such as Emmerdale, Coronation Street and Eastenders.

How best to support me.

- I am really capable of keeping my house tidy but I need my staff to motivate, encourage support me to do it. Remind me that I can do it well when I try. I want you to do my chores with me.
- Follow my strategies regarding how to support me if I do not want to do my chores it and refuse.
- I need support to have a bath and wash my hair, regularly at least twice a week. I only want females to help me with this.
- Please help me to change my clothing each day, this helps me feel better about myself and helps my confidence.
- I need to be reminded to use my new washing basket for my dirty clothes.
- Please remind me to do my washing and drying as well.
- Once I have finished the jigsaws remind me to take them along to the charity shop.
- Each Tuesday I want you to help me plan my shopping list and meals for the week in line with what money I have available for food shopping, this includes toiletries.
- Prepare my evening meals, so I do not waste food I have bought, but I also need support around the dates on food and when it is safe to eat and when it needs throwing out. Read the attached support plan regarding diet and shopping.
- During my holiday from College please help me think about what I would like to