



## WHAT PEOPLE LIKE AND ADMIRE ABOUT ME...

- Always happy
- Warm and gentle
- Complimentary and observant
- Stylish
- Appreciative
- Caring and thoughtful
- Helpful

## WHAT'S IMPORTANT TO ME...?

Seeing my brother Dennis and his family most weekends. I love it when they visit me at my flat and we enjoy a chat and sometimes a meal.

Being part of the at Bradbury Court. I have lived here for over 10 years and know all my neighbours and the staff and consider them my friends and family.

Spending time with my great friend Alan. We eat together most days.

Chatting daily with Lisa and Michelle who also live at Bradbury Court.

Watching my soaps on my 50" screen TV (not Eastenders). I don't like it when they are cancelled for the football!!!!

I love shopping for clothes, especially when I am complemented on my outfits. I shop at least once a month and love a bargain.

Baking and cooking, especially with Tony in the evenings.

The routine I have of going to Minorities daycentre on Mondays, Wednesdays and Fridays.

## HOW BEST TO SUPPORT ME...?

I am very chatty, especially first thing in the morning when I wake up. Let me know if you need me to be quiet while you concentrate on a task and I'll wait until you finish what you are doing. I may need reminding again.

When I am half way through my cup of tea, I like it to be topped up with hot water. I detest luke warm drinks.

I must to know what I am doing or if arrangements have changed, such as if my day centre outing has been cancelled due to an appointment. Don't spring it on me at the last minute or I will feel quietly disappointed. Know that I am very easy going and will never complain, especially if I don't know you well. Don't ask me how I am, ask me more specific questions such as, "is your back hurting today?"

Remind me not to forget to buy my TV magazine when I go for my weekly grocery shop on either Tuesdays or Thursdays.

Involve me in all household tasks. It might take me a while, but I love to be involved, especially when preparing evening meals.

Know that my vision is deteriorating which means that I get most of my entertainment from the TV, I don't get on with audio books!