



# Jenny Carter



## What is good about me?

Being a self advocate  
Friendly  
Happy

I never give up  
See people first  
Determined

Stand up for what is right  
Kind  
I always try to help people

## What is important to me?

- Not being controlled by other people
- Speaking up for people, and myself, and being listened to.
- Having a job, and running Together All Are Able
- Being on Facebook every day, posting, playing games and connecting with people I use either my iPad or computer to do this.
- Having a routine I am in control of
- Being trusted to do a good job
- Seeing my friends Vicky Buckingham on a Wednesday night for Athletics, and I see Paul Eastwood and Lynn Eastwood on a Friday and Saturday with Vicky Forfar. I sometimes see other friends but this is not very often. I talk to David Bird and Vicky Forfar every week
- Going on holiday with my mum and dad, on their narrow boat in the Summer and at Easter
- Going out and about at the weekend, with friends for example, to Southport to go to the shops
- Listening to 80's and 90's music on CD player or radio, most days
- Playing games on Nintendo DSI, for example, jewel quest, most weeks
- Watching Holby City and Casualty on TV, and films like Johnny English, depending on how I am feeling

## How to support me

- Please be on time if we have a meeting, or let me know if you are running late, otherwise I may worry
- Never shout or raise your voice, or interrupt
- If I am not sure of myself, if I seem worried about something reassure me. I sometimes feel anxious or worried about new things.
- Listen to me and understand I have Autism, if you are unsure about what I mean, please ask
- Sometimes give me some space this will help me to focus.