

Denise's one page profile



What people like and admire about me...

- I can do things by myself.
- I am friendly.
- I like to talk to other people.
- I am reliable.
- I'm a good time keeper.
- I am very determined.
- I enjoy a good laugh.
- My willingness to do things for others.

What's important to me...

- Having structure in my day to day living. I need to know where I am, what I'm doing and who is coming to support me.
- Living with my fiancé Stuart. He makes sure that I am ok and he looks after me. He helps me with my daily living skills, like shopping. We go out socialising and he is my best friend.
- Seeing my family at least once every two months. I have 2 sons, called Peter and Alan, and several grandchildren. I also phone or see my sister every week or so.
- Looking smart as it gives me confidence when I see other people.

How to support me well...

- Help me to find all the information I need so I can make my own decisions. I cannot read, so I need you to read things out or help me find audio versions of things.
- I sometimes forget to take care of myself and my house, please advise me if I need to see to myself or housework but be mindful that although I need encouragement to complete tasks I may refuse and you should respect this decision.
- Support me to use my calendar and ensure it is kept up-to-date as I use it to help me see what I am doing every day.
- I will put off doing tasks or going out if my fiancé is not at work. You can encourage me to do these things by explaining the benefits to me.
- Give me information that is plain and simple. Talk to me in a plain and simple way, and use very clear pictures if I don't understand.
- I like to have a laugh and get on with people.