

MY
ONE PAGE PROFILE
FOR WORK

IMPORTANT TO ME

- Working on the Person Centred Planning Team.
- To know what I am doing each day.
- For you to let me know if you need to cancel any arrangements that you have made with me.
- To make a brew whenever I want to, coffee with milk and 2 sugars.
- To have plenty of time to eat my lunch, I don't like to rush.
- My mobile phone, I take it with me wherever I go.
- If you say you are going to phone me please do, because I will be waiting for your call.
- To have a Mc Donald's strawberry milkshake at the end of the day.
- Check dates in my diary with Gail and discuss what we will be doing next.



WHAT PEOPLE WHO KNOW SHARON LIKE AND ADMIRE ABOUT HER.

- Brilliant memory for names.
- Her enthusiasm and passion for the work that she does.
- How confident she is when delivering training.
- Sharon's friendly disposition, she is easy to get along with.
- Caring nature and concern for people if they are not feeling well.
- Her lively bubbly personality.
- Her sense of fun and adventure.
- I really admire her honesty.



HOW BEST TO SUPPORT ME

- Make any travel arrangements with me so I know the time, date, journey and who I will be travelling with.
- If I am going out anywhere help me to work out how much money I will need for the day.
- Talk me through our plans for the day.
- Read through my decision making agreements with me when necessary.
- Ensure that I have plenty of time to eat my lunch at least 45 minutes.
- To have a healthy diet, if you are out with me give me a little reminder of what I have had during the day e.g. drinks and snacks.
- To ring me and let me know if you need to cancel or rearrange any appointments you have made with me.
- Ring me or send me a text message when you say you will.
- Check with me that I have written all my appointments in my diary and on the calendar at home.
- Talk through what we will be doing next time we meet.