

What people like and admire about me

friendly
a big heart and will help out anyone
kind to animals and love them all
great sense of humor, and an infectious laugh
hard worker and not afraid to work until I drop
I treat everyone equally

● IMPORTANT TO?

- ✓ living on my own but I want people around me to feel safe
- ✓ want to be downtown near grocery store, bank, everything close because I walk, I won't take the bus
- ✓ not go back into the hospital
- ✓ my cell phone
- ✓ smoking, have to be able to smoke in my room and no one can tell me I can't
- ✓ like my psych nurse, nurses on the psych ward
- ✓ I want their help but I want to go when I want to go.
- ✓ love cross country skiing and snowshoeing
- ✓ to eat fresh food, healthy food
- ✓ want my own space and not be told what to do, I like being alone
- ✓ go for a drink or gamble when I want

● IMPORTANT FOR?

- ✓ I want to be able to contact people when I need them (psych nurse)
- ✓ to be healthy
- ✓ my medical coverage through AISH
- ✓ my money to be in my bank account before the end of the month to pay my rent on time, my cell phone
- ✓ to budget my money so I have spending money
- ✓ see Sandra my worker at Mental Health

How best to support me

- You will know I am not taking my meds cause I'll be laughing all the time and I act silly
- When I do this ask me if I took my meds. Tell me what I'm doing so I don't get mad that you are butting into my business
- On the 28th when my money comes in you can ask me if I need help.
- Be patient when I am rude to people that are lazy, I don't like lazy people
- If you have not seen me in the common areas in a while knock on my door. I like to know that someone is watching out for me.
- If "I am being crazy" you can call my psych nurse (her number is posted on my fridge and she'll tell you what to do.