

My One Page profile

Jane
Doe

Age: 31
Occupation: Unemployed



What people appreciate about me

- Great sense of humour
- Affectionate
- Honest
- Fun to spend time with
- Creative
- Determined

What is important to me

- Jane like for her iPad and iPod to be charged and with her at all times
- Spending time with her friends Kevin and Ashley, and going out for lunch with them once a week
- Time to be creative every day, such as colouring/painting/playdoh
- Being active most days by going swimming, biking, aqua fit classes or the trampoline
- Not being rushed
- Being listened to and having people respond with verbal answers
- Being able to collect pamphlets when we go out
- Knowing the plan for the day and the schedule
- Spending time with my family on the weekends
- Going to see movies with my sister, Jenny, on Friday evenings

How to support me

- To have healthy, portion controlled snacks on hand
- To have a visual timetable so Jane can see what is happening now and later
- Having time for her to be on her own, and 1:1 with staff
- Visual communication – gestures (showing car keys)
- Ensure enough time for what Jane would like to do so she is not rushed