

## About me



### ★ What is most important to me

The things that the NHS and your support workers definitely need to know about you



### ★ People who are important to me

This could include family, friends, carers and support workers



### ★ My communication

How you communicate and how you want people to communicate with you



### ★ Please DO and please DON'T

The things you want someone supporting you to do and what they must not do



### ★ My wellness

How you are on a good day and on days when you might need some support



### ★ How and when to support me

This tells people what you need support with and how you like to be supported



### ★ Also worth knowing

Anything else you want people to know including your likes and dislikes