

Important People In My Life

Family & Friends

Mum
Dad
Brother

Other Supports

Fellow
Patients

People who are paid to work with me

**** **Staff**

***** **STAFF**



How I Would Describe Myself?

I am tall and handsome

I have black hair (– with bits of grey!)

HAPPY!



How Do Other People Describe Me?

SPARKY

FULL OF BANTER

CHILLED

What's Important
TO Me?

Play Station



**HAVING A
LAUGH
WITH
FRIENDS
AND
STAFF!**

HOLLYOAKS!
MOVIES

MUSIC



What's Important
FOR Me



**A NEW
PLACE TO
LIVE ONE
DAY!**

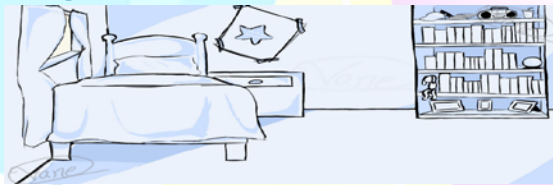
What IS Working For Me Now?



What's NOT Working For Me Now?



I DO LOTS OF
ACTIVITIES!
My room is nice



**I HAVE MY
OWN
LAPTOP!**



Medication/tablets



**I Can't
think of
anything.
I am
happy!**

What makes a good Day for Me?

I LIKE SATURDAYS!
That's my CHILL
OUT day.



What Makes Me Happy?

CHRISTMAS...



BIRTHDAYS!



****'s dogs



What Makes Me Unhappy?

IF I HAVE ACTIVITIES BOOKED AND THEY DON'T HAPPEN!

People saying bad things about Power Rangers



If my stuff gets stolen

NOT GETTING TO WATCH HOLLYOAKS!

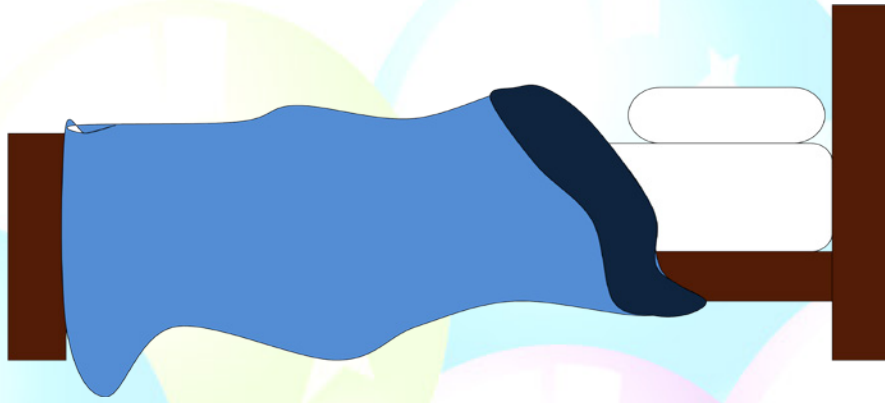


How I Communicate With You

I just like to chat like everybody else.

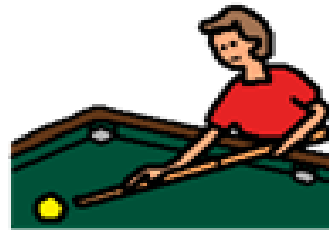


Sometimes I go to my room to let you know I need a bit of quiet time.



How I Want You To Communicate With Me

I enjoy looking at the activity timetables because it is always good to know what I am doing next.



If I ask questions answer them...



??

I just want you to chat with me and have a banter!



??? Decision Making ???

Decisions I can make for myself.

My style.



What to wear.



Healthy Eating Choices.



What I do in my free time.



Decisions Others Need to Make For Me.

Where I live



Looking after my money



Managing my medication.



MY Support & Keeping Me Safe



**What MUST Happen
to Keep Me Safe and
Well?**

I must keep taking my medication.



I must drink plenty of fluids



**I must have a caring staff team to look
after me at all times.**



I must get enough sleep.



I must live where I feel safe.



**What MUST NOT
Happen to Keep Me
Safe and Well?**

**I must not
stop taking
my
medication.**



The Type Of Person I would Like Supporting me

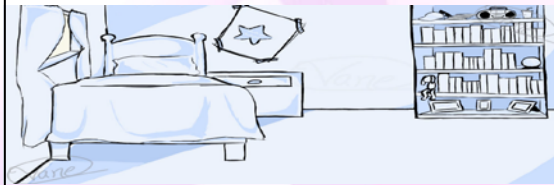
Personality

Someone to laugh with!



Skills

Someone to help me make my bed in the mornings!



Somebody who likes Aberdeen Football club too.

My dream is ...

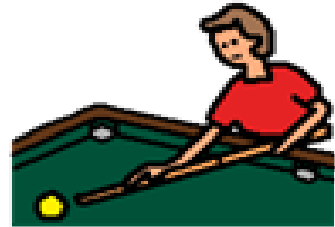
To play football with a team!



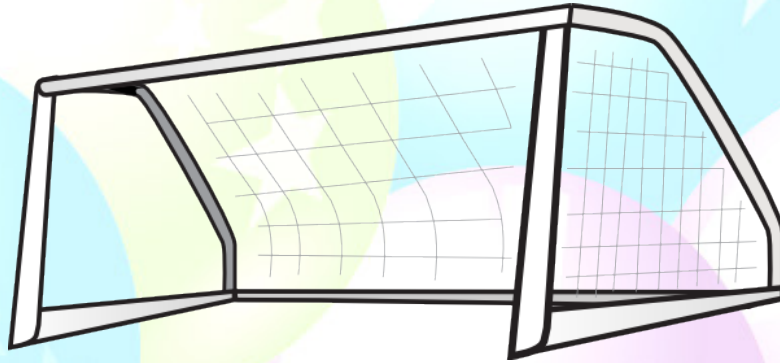
My Nightmare is....

**I don't have a
nightmare!**

My Skills and Hobbies



Future GOALS.....



**One day I'd like
to leave hospital
and get a job!**



