

## Joseph



### *What people like and admire about me...*

I tell a good story  
I have a quiet determination  
I am loyal and loving to my family  
I was a great Cricketer  
In my day I could sing a song or two  
I'm a good friend

### *What is important to me...*

My family. I feel comforted by my daughter, Rachael, every day, and enjoy spending time with my son, Paul, and his grandchildren, Millie and Tom, at the weekends. Doing the maximum I can for myself, this even means putting the sugars in my own tea. Rest. I feel tired every day, especially after lunch. The best way for me to rest is with my feet up listening to the radio, usually Classic FM. I like what I call a "proper meal". That's usually a joint of meat with some fresh vegetables. A shepherd's pie and lamb casserole are favourites too. The familiarity of home. I've lived here for 45 years. That I get to watch the cricket on TV, this holds my interest for long periods. That I get to laugh with people. Laughter breeds happiness in me. That I'm spoken to with respect; call me Joseph, not Joe. I've lived a long and interesting life, some of which you may learn from yourself. Listening to Nina Simone at least once a day. Her voice is like a comforting blanket for me and reminds me of my dear wife, Kathleen.

### *How to support me well...*

I take a lot of tablets and need reminding when to take them. Talk to me about something nice when I take my tablets it takes my mind off them a bit. Don't ever think it's best to do something for me. I like to be involved. If I'm feeling low, try talking to me about my great loves: music and cricket. Get out my old records or look at old cricket club photos with me. I get tired in the afternoon, so any trips out are best done in the morning before lunch. Do your best to be cheerful around me. I like a good laugh, and you may too! My family know me best. If you are ever stuck for what to do, phone them. Privacy in the bath is something I still treasure. Let me have at least 10 minutes.