

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

- I'm a 'larger than life' and very cheerful
- I'm great with animals I have a real sense for what they want.
- My large and unusual music collection
- People say I'm "quirky" or "eccentric"
- I'm a good wildlife photographer
- I'm always very busy and productive.

## What is important to me ...

- Lizzy she is my soul-mate and one true love
- Animals I love being in their company. This is true in all situations: the wild, at home, and at the zoo. I find them very comforting.
- Being around people I love conversation and can talk and talk for hours if left to it!
- Having company is important and I feel lonely without it.
- Loud Music I like most music but loud rock music is best, especially at a concert. It makes me feel really great.
- Books I've got hundreds. Books about animals are my favourite. I can read some of the words, but I can look at the pictures for hours.
- Photography I always carry my camera no matter where I go. Taking a good photo that others like makes me feel proud. A great day out for me is spent in the countryside taking photos of wild animals and birds.
- My family I have a great mom and dad and me and Lizzy like to see them every week or so.
- Work I do not work at the moment but I love keeping busy and love finishing a job. Any job. I'd like to try and become a wildlife photographer.

## How to support me well...

- Talk to me as an equal. I've had a life of being patronized and told I can't do things.
- Lizzy and I like our support worker to be like a friend. Please be open and friendly. Sometimes Lizzy and I like to be alone. Respect this.
- There are parts of activities that I cannot do, like reaching to the back of the dishwasher. This does not mean you have to do all of it for me, but just to fill in the gaps.
- Sometimes I speak so fast that people do not understand me. Remind me to slow down or, as sometimes needed, become my interpreter. Do not speak for me though!
- Be prepared to be out a lot. I get very bored and need to explore and meet people. I'm often out very late.
- I don't often get tired but can forget to take my medications and can't hear the alert on my watch. Please remind me.
- When I'm out taking photos in the countryside it can take me a long time get around. Please be patient and never tell me to hurry up (It might not look it but I'm trying my hardest)