



What people who know me like and admire about me

I think that people would regard me as loyal, hard working supportive and a good listener. I am reliable but not always on time!

What is important to me

- My husband and family. I am lucky to have my daughter and grandchildren nearby. I also see my sons regularly.
- Friends. I go out with a group of friends most Friday nights. We have been doing this for over 20 years!
- Helping others. Being a member of the Outlook Care Board is one of the ways in which I can do this.
- Dancing, music, art, literature and history
- The natural world
- My religious faith
- Fairness and social justice

What is important for me

- To spend time with my friends and family
- To have some time alone for peace and reflection
- To be able to spend time outside in the fresh air
- To have plenty of light in my home so that I can see well.
- To practice my religious faith
- To feel valued
- To keep in touch with what is happening in the world

How I like to be supported

- I like people to ask me how I am but I do not like being fussed over
- I like people to show respect for my opinions
- I like to laugh and have fun with people
- I like people helping me at home but I do not want to feel taken over