

My Profile

Carer Version

This card is for you. Take your time. You only share what you want to share.



My name

What would you like us to call you?



My role

How do you describe your caregiving role?



What I can offer

What strengths do I bring to my caregiving role?



My limits

Where do I feel stress or find things difficult?



What support I need

What helps me collaborate and feel better in my role?

How I like to participate

Tick what feels right for you:

☐ I like to speak

☐ I prefer to write

☐ I need extra time

☐ I prefer to listen

Other: _____

This profile belongs to you. You decide what to share with others.

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