

My Profile

People in Need of Care

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?



What matters to me

One thing that is important to me in daily life.



My strengths

What am I good at? What do I manage well in daily life?



What I need support with

Where do I find things hard? What would help me?



What helps me feel respected

What makes me feel heard and involved?

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.