



Case study one: One page profile

What others like and admire about me

- > Good mum (mostly!)
- > I'm very organised
- > People can count on me
- > I help people out
- > I'm kind
- > I'm a good singer

What is important to me

- > My kids - I want them to be happy
- > Family time
- > Dad staying at home - I promised Mum
- > My job - people I work with
- > Health - exercise, sleep!
- > Just to know I'm not on my own

Eve Davies

How best to support me

- > Listen to me and include me in your network
- > A bit of 'me time' to breathe - see friends, swimming, choir
- > Be honest about what you can do and do what you say you will
- > Don't lumber your problems on me when there's nothing I can do
- > Talk to me about me, not just about caring
- > Let me know who to contact
- > Don't give me loads of information
- > Emails not phone please
- > Don't arrange meetings when I'm at work
- > Help me plan so I can do everything!