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

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!