

Network One

Personality Characteristics Needed

Are you?
 Happy, patient, reliable,
 energetic, fun to be with,
 able not to take things
 personally?
 Would you like to do
 activities with me, especially
 the same things I like to
 do?
 Do you have a good sense of
 humour?
 Are you a good listener?



Support Needed

Can you help me
 with self-care,
 independence,
 cooking, being
 healthy, finances,
 planning
 activities, looking
 after my house?

Skills

To be able to cook, be a
 driver, be able to work a
 flexible rota and have
 good communication skills



Shared Interests



Music and dancing
 Animals and the countryside
 Good outings to new places
 TV and DVD's
 Talking about things we like

