



**What is most important to me**

**People who are important to me**

**My communication**

**My health and wellbeing**

--

<b>Please do and please don't</b>
-----------------------------------

<b>How and when to support me</b>
-----------------------------------

<b>Also worth knowing about me</b>
------------------------------------

<b>Date this information was updated</b>	
--	--

<p><b>Supported to write this by:</b></p>	
---	--