# Meet me booklet

Name:

Tell us about you

Is there anything that you particularly enjoy doing?

Are there any foods that you cannot have due to allergies or religious reasons?

What food do you like?

How do you usually communicate, i.e. through speech, a type of sign language, guiding people by the arm?

What things might upset you or make you feel anxious?

How will we know when you are upset or stressed?

What helps you feel okay if you are frustrated, angry or upset, e.g. space alone, music, company, walking, calling someone?

Do you need personal care support, e.g. using the toilet, taking medication?  If so, please specify your needs