

Create Short Descriptions to Share With Others

Education

- [Personal Profile – Helen Sanderson](#)
- [Blank Profile Forms](#)



Hospital Stay

- [Boston Children's Hospital](#)

Supporting Adults

- [Minnesota Personal Profile Example](#)
- [Shirley's Personal Profile](#)

Supporting Older Adults

- [Alzheimer's Society Example](#)

What is Important to Shirley:

- Spending time and talking on the phone with Shaina & Pamela.
- Creating art such as coloring and painting.
- Watching Wheel of Fortune.
- Going to work.
- Looking and feeling good about my appearance.
- Sticking to a routine.
- Doing activities in small groups where I can receive more attention.
- I enjoy shopping trips!
- Getting out and doing things outside of the home and being social.
- Being around positive people!
- I enjoy drinking diet coke.
- I love listening to music, dancing along to music, singing and occasionally playing the piano.
- Having choices between several activities.

What is Important for Shirley:

- Making sure my medications are monitored and managed well.
- I do well with a routine/schedule.
- My health improves when I am well hydrated.
- My range of motion exercises helps me to keep active.
- Keeping good posture while sitting improves my back pain.
- It's important to ask how I am feeling as I may not tell you on my own.
- It's important to know my pain tolerance is high.
- To respond quickly when I say I need to use the bathroom, etc.
- It's important for me to have choices and preference in what I would like to do.
- It's important for me to be social and get out into the community.