A picture containing text, screenshot, font, logo

Description automatically generated

Honesty

Open minded

Kind

Empathic

Flexible

Cheerful

Friendly

Punctual

Technological (savvy)

Pets (cats)

Social media

Writing (poems)

Respect my space.

Prompting to complete tasks

Encouraging healthy food choices

Observant in declines / health

Encouraging more activities

Active (person)

Enjoys cooking.

Good listener

Clear communication

Ability to recognise triggers and follow plans accordingly

Stay calm in challenging situations.

Motivated

High level of patience and emotional resilience.