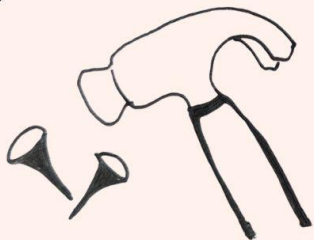
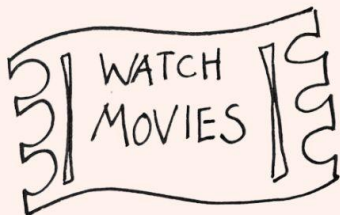
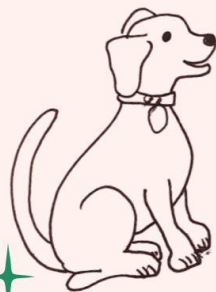


ALL ABOUT ME

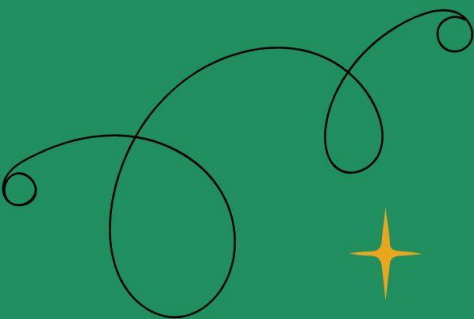


I AM...

My name is Ivy. I am 28 years old and live alone. I am supported by my family, PA's and social worker.

I am neurodivergent. This means lots of things to different people. To me it means that I need time to process stuff and think about new ideas. I am not fussy. I like what I like!

I am independent and that is important to me. However I do need support with things, this is different than doing stuff for me.



WHAT I LIKE...



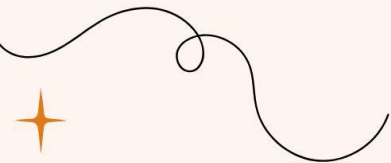
Music
Dancing
Films- Marvel and Natural
Disaster are my favourite
Art
Museums
Reading and Libraries
Gardening especially growing
fruit and veg
Beachcombing
Board and card games
Hanging out with my friends
and family
Volunteering
Working at the garden centre
There is probably much
more.....





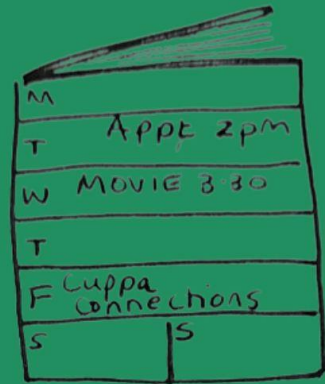
WHAT I DON'T LIKE...

Feeling unhappy and alone
Some smells and lots of
foods
Certain noises
Feeling sick- especially travel
sickness
I feel sad when people fight
or fall out
Scary films
Not being told the exact
time
Being late
I find some materials feel
funny and hurt my skin.



I NEED...

- Routine
- To know what is planned each day and to be part of the planning
- To be independent
- Respected
- Listened to
- Given a choice, I have an opinion and can make decisions
- Be part of my care plan
- Relationships
- To feel happy
- A boyfriend
- Kindness
- Understanding and empathy
- Patience



WHAT I HAVE A PA FOR...

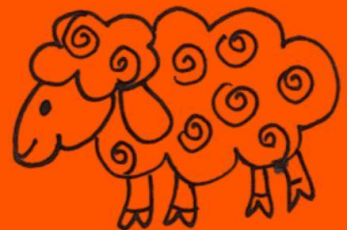
I can be isolated sometimes and find people hard to navigate. I need support and encouragement with relationships, I don't always understand boundaries.

Being with friends and family, joining in with social events make me feel good. I can become overwhelmed and need guidance and help coping in these situations.

At times I can make silly choices and need someone to question my ideas and support me to make better choices.

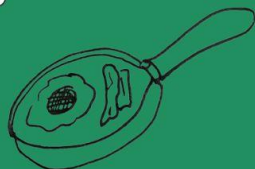
I don't always understand situations and social ques.

This can make me vulnerable. I need help to stay safe.



WHAT I WANT A PA TO DO WITH ME...

- Go to the cinema
- Encourage me to stay healthy by eating well and exercising.
- Support me to make and try new foods.
- Remind me to wash my bedsheets once a week
- Share some of what you enjoy in life – hobbies, interests and skills
- Encourage me to be the best I can be
- Join an art class
- Learn to knit



WHO IS IMPORTANT IN MY LIFE...

Mam and Dad – mam makes all the rules and dad breaks them! I love them both. I have two sisters Joy and Daisy, I have one brother Magnie.



Joy lives in Italy and is a freelance photographer. She lives with her partner Jessica, they have a cat called Milo. I love visiting them in Italy and hope to go there on my own one day.

Daisy loves adventure and travelling. At the moment she is volunteering in Nepal, she teaches Monks there to learn English. Mam worries about her! I think she is really cool! I follow her on Instagram, she can't call me but we message every day.

Magnie is a diver, this is a really dangerous job! He lives in Sumbrugh with his wife Willow and my niece Willow she is 5. We have lots of fun together and love going to the beach to find treasure. I can't wait until she is older and I can look after her.

I have lots of aunties, uncles and cousins. Mam says we are lucky because we have a close family, dad isn't sure if its luck! My favourite thing about having a close family is the parties and going on holidays together.

MY DREAMS...

- To travel the world and meet people from different cultures. I love learning about how other people live.
- I would like to try and live in a different country – I have a few things to learn before I can do this.
- I want to learn Italian so I can visit my sister on my own, even live there.
- Go to an art class- I would really like to learn botanical illustration
- Support other folk
- Swim with sharks
- Get a new job or at least try something new
- Live on a croft, I would love to have hens, pigmy goats and turkeys.
- Join a hall committee
- Learn to drive a tractor
- Make my own clothes
- Make Christmas dinner for the whole family
- Wear contact lenses
- Go to pottery class
- Learn to make a dry stone dyke
- Go to Edinburgh Zoo
- Go camping
- Learn to skipper a boat
- Sheer a sheep



SOME OF THE IMPORTANT AND BORING STUFF



I have to take medication every day. On Sunday mam and I put my medication into my medicine dispenser. This will last me all week. I am good at taking my medication but I do forget sometimes. Feel free to have a check.

Mam also reminds me to order my medication, I collect it myself.

I have sensitive skin so I have to use the same washing powder, shower gel, deodorant and soap. I have a shopping list for this. I also only like gel toothpaste, the other stuff is awful!

I don't like certain herbs. In fact they make me want to spew!! I hate food sticking in my teeth.

I HATE CORIANDER AND CAULIFLOWER

I think cauliflower looks like brains!!

I will eat meat but prefer not to, I am not keen on the texture of it.

If I don't like something please don't make a big deal of it and force me to try it. I will try new stuff when I want. There is certain things you can push me to try but not everything.

YES LIFE CAN BE ★ TOO MUCH ★ ★

Some day's life just isn't going to happen. I want and need a day in my PJ's watching TV and sleeping. This is ok for a day or two but any longer than that I would probably need you to contact my mam. Sometimes I need my family's support and need to be looked after. This is ok and not really anything to worry about, it just happens. I think there are signs that it is coming, I loose motivation, I don't look after myself, I don't eat or do the things I love. I go home, mam and dad take care of me and I build myself back up. I would still life to have my PA visit me.

I really want to build a bond and a meaningful relationship with my PA. I want you to feel that this more than a job, to come to your work and feel happy and valued. Your job means so much to me and by you doing it I have a meaningful, fulfilled life full of adventure's.



THANK
YOU FOR
READING

