



Name:	Kay Jeske
Current Age:	63

<p><b>What people APPRECIATE about me:</b></p>	<p><b>What is IMPORTANT TO me:</b></p>	<p><b>How to SUPPORT me:</b></p>
<ul style="list-style-type: none"> <li>• My friendly and playful personality</li> <li>• How much I enjoy helping others</li> <li>• That I am a social butterfly and enjoy having conversations</li> <li>• My jokester nature</li> <li>• That I like to garden and help water plants</li> <li>• My genuine concern for those around me</li> <li>• My excitement to see my friends at PAI when I walk in the building.</li> </ul>	<ul style="list-style-type: none"> <li>• My Family (Ted, Lonnie, Don)</li> <li>• Spending time socializing and joking with people during my day.</li> <li>• Having sweets and going out to eat while still following a healthy diet.</li> <li>• Doing things for myself; I'm pretty independent.</li> <li>• Being ACTIVE – going for walks, riding my bike, and gardening.</li> <li>• Having my own quiet space where I can relax, look at magazines/catalogs, play games on the iPad or have 1:1 conversations.</li> <li>• Not being rushed or asked to do something before I am good &amp; ready.</li> </ul>	<ul style="list-style-type: none"> <li>• Speak loudly and clearly while talking with me and maintain eye contact during conversations.</li> <li>• Encourage me to wear my hearing aids and glasses.</li> <li>• Avoid asking me yes/no style questions. Instead of “Do you feel sad?” ask “How are you feeling?”.</li> <li>• Encourage me to maintain boundaries with my friends and to ask before touching someone.</li> <li>• Compliment me when I'm working hard or being helpful.</li> <li>• Use teachable moments as they occur to help me understand and make good choices.</li> <li>• Encourage me to discuss my feelings and spend time talking with me when I may be feeling blue and when I'm happy.</li> </ul>