



Name:	Brooke Shelstad
Age:	25

What people APPRECIATE about me:	What is IMPORTANT TO me:	How to SUPPORT me:
<ul style="list-style-type: none"> • I appreciate that Brooke is social and likes to chat about anything. • Brooke is always happy and fun to be around! • Brooke loves to live life and spreads positivity around her! • She is friendly and gets along with everybody! • Likes to work and up to do any job that is available for her to do. • Brooke is easy going and helpful! • Brooke is ALWAYS happy and very encouraging! • I appreciate that being with Brooke is like being with a best friend. • Brooke is very compassionate. 	<ul style="list-style-type: none"> • Brooke’s family is very important to her. • It is important for Brooke to have opportunity to work in the community to earn a paycheck and take part in society in that way. • Being independent. • Traveling and experiencing new places. • Having opportunities to be social. • It is important to Brooke for people being mindful of her personal space. • Having the opportunity to continue building relationships with others, working at PAI, attending classes at PAI, having opportunities to gain and maintain her independence • Spending time with Katie my PCA! • Ice cream! 	<ul style="list-style-type: none"> • Giving Brooke her personal space and making sure others give her that also. • Support Brooke by giving her opportunities to continue building relationships with others, working at PAI, attending classes at PAI, having opportunities to gain and maintain her independence • Taking the time to listen to Brooke and understanding her perspective. • Encouraging Yoga/writing/journaling when Brooke feels anxious. • If I ever feel anxious being able to talk with someone I trust or have a hug.

ONE PAGE PROFILE

