



Name:	Linda Schroeder
Age:	62

What people APPRECIATE about me:	What is IMPORTANT TO me:	How to SUPPORT me:
<ul style="list-style-type: none"> • I am energetic and informative! • I know what I want and I set goals to accomplish my dreams. • I am a great sister! • I am full of love and compassion. • I am kind, generous, and considerate. • I am very honest and can be blunt! 	<ul style="list-style-type: none"> • It is important to me to live with other women around my age. • Attending church with my family is important to me. • Taking care of my body is important to me, including choosing healthy foods and being physically active. • It is important to me to have structure and stability in my life. • Managing my mental health is important to me. 	<ul style="list-style-type: none"> • You can support me by giving me time to process when telling me what to do or how to do something differently. • You can support me by having an understanding of my schizoaffective disorder and know that it's not something that I can control. • You can support me by reminding me of my goals so that I can feel successful. • You can support me by helping me to maintain structure and stability in my life.