

What is important to Winifred

Her daughters Bernie and Maureen who visit daily.

Pat her daughter who travels up from London to visit and Marie who lives in Liverpool and visits fortnightly.

Seeing Kevin and David, who are Bernie and Maureen's spouses – they remind Winifred of her brothers.

Her grandchildren, Terence, Emma and Ria. Also her great grandchildren, Grace, Ben, Harry, Zach, Charlie, Jack and Oliver. Winifred has a new great grandchild due later on in the year (June 2012).

Not to be around people who swear or are vulgar.

Winifred visibly grows when complimented – do this often!

Her Roman Catholic faith. Winifred must say her prayers each morning and evening.

She adores cups of tea – milk no sugar.

Her rapport with Beryl. Winifred loves to be involved in household chores – folding the homes laundry is a must and she loves to clean.

Kisses and cuddles – Winifred is very tactile and loves a hug. A big smile will draw her to you.

A diet which works for her – good quality food has always been important to Winifred. She always loved Marks and Spencers food, fish, salmon, vegetables and a light breakfast.

Company is vital to Winifred – spending time with others, especially Grace, Doreen, John and Joan, who live with Winifred.



Winifred

What those who know Winifred best say they like and admire about her

A wonderfully, loving personality

She brightens the room with her smile

Her warmth

Her beautiful nature and generosity of spirit

She restores my faith in human nature

How we can best support Winifred

Be aware that Winifred is afraid of water – she does not/must not shower or bathe but thoroughly strip washes herself each day with a supporter nearby.

Know that Winifred is often preoccupied in the morning. She must sort her room out before she does anything. Give her time and space to do this. She will appreciate you taking her a cup of tea whilst she does this.

Know that Winifred will worry about upsetting her tummy and the need to let things settle after eating, always respect what she is telling you around this and go with her on it.

Winifred will eat a light breakfast mid morning and loves to sit and chat as she eats.

If Winifred is reluctant to get ready for bed, to avoid her becoming distressed, divert her by talking about saying her prayers together with you – ask Winifred to start you off as you have forgotten the prayer.

Know that Winifred is not a lover of TV and should be supported in 'doing'. She will become bored and fractious if left sitting for long periods.