



**A Bit
About Me**

Our organisation

Since 1994, Proveda has been providing independent, trusted, specialist industry care as a not-for-profit, community-based organisation.

We provide impartial information, advice and guidance to support people to access health and community services.

Our focus is to support people, their families and carers to navigate the health and social care systems to access the services they require, when they require them.

Proveda aims to ensure everyone feels a sense of belonging and connection, and has assistance navigating some of life's challenges.

This booklet is provided as a free reference resource.



A BIT ABOUT ME:

 **What I like to be called(nick names, shortened name)**

 **What makes me happy?**

 **What makes me sad?**

PEOPLE IN MY LIFE:



THINGS I ENJOY DOING:



THINGS I AM GOOD AT:

WHAT DO I LOOK FORWARD TO:



WHAT MAKES ME PEACEFUL AND CALM:

I BELIEVE IN:



WHAT MAKES ME LAUGH:

WHAT MAKES ME MOVE:



WHAT MUSIC I LIKE:



WHAT TV SHOWS AND MOVIES I LIKE:



WHERE I HAVE TRAVELLED

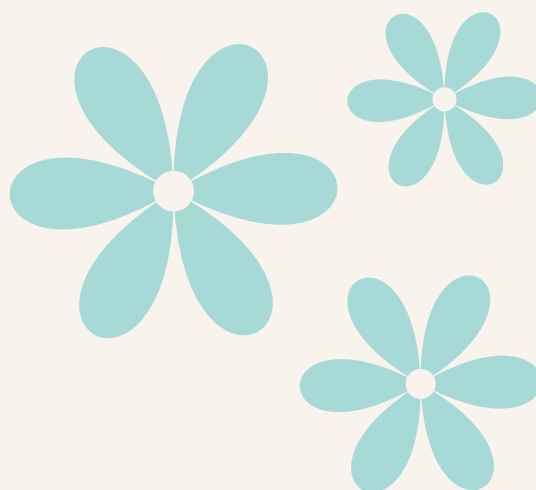


WHAT ANIMALS I LIKE?



I PREFER SAVOURY OR SWEET?

WHAT MY BEST DAY WOULD LOOK LIKE:





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