

# Letter to my visitors - Ko tāku pānui ki ōku manuhiri

Visitors are great but sometimes I also need time alone, so checking in with me or my whānau might be good before you come.

My energy levels might be **up** and **down**, so don't be offended if I can only hang out for a while, or if I need to nap. I don't always know what it is I need when visitors come, so I have put a few ideas down for you.

**Ideas for what to bring when you come:**

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**You don't have to bring stuff - you can also bring:**

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**If I am sleeping, I would like you to:**

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