

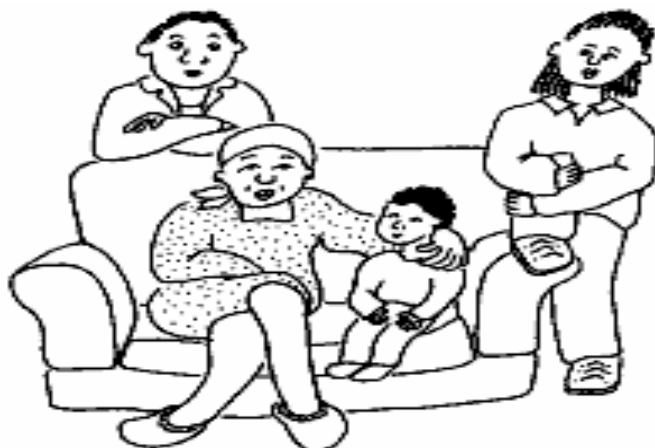
# GOOD LIFE PLAN



## 1. Getting to know all about me.

**What I like and what I don't like and what support I need to do things**

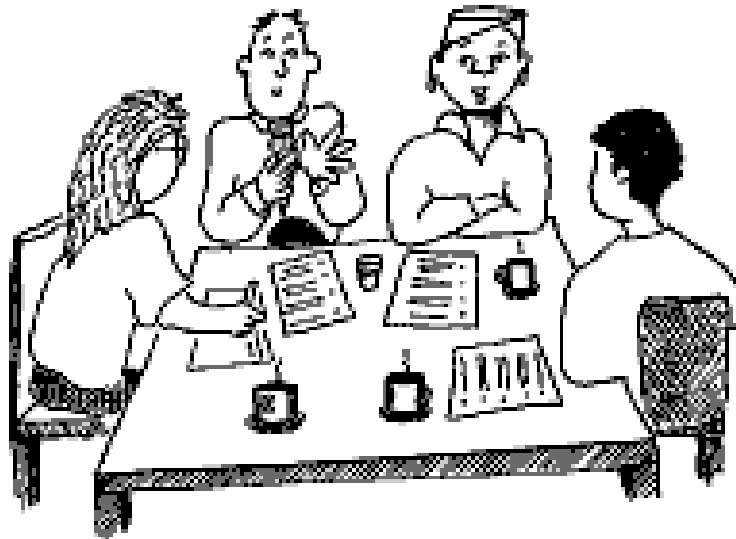
**I choose my plan chaser who will help me to fill in 2 forms called "What I like and what I don't like" and "The Support I need to do things".**



## **2. Getting ready for what I want**

**The plan chaser meets with me, and my family, friends and carers to get more new ideas about my wants, needs and goals.**

**A form called 'Me, My Wants and Needs' is used to help me and my plan chaser to do this. The information is then put onto 'My Best List of Wants' which has 11 different headings.**

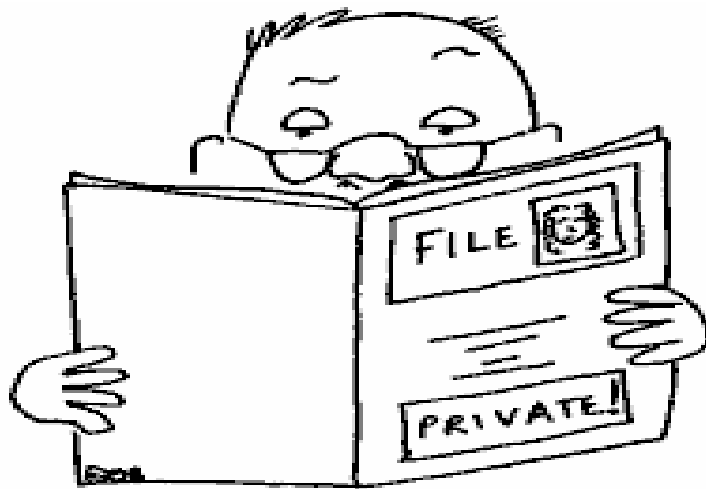


### **3. Good Life Plan meeting**

**I choose who I would like to attend my Good Life Plan meeting.**

**At the meeting “My Best List of Wants and Needs” is talked about with me and then I decide what new goals I would like.**

**After the meeting a Good Life Plan is made which lists the new goals and the names of the people who will help me to achieve these goals.**



#### **4. Chasing My Plan**

**My plan chaser keeps in touch with everyone helping me to achieve my goals to make sure the Good Life Plan is acted upon.**

#### **5. Do everything again 1 to 2 years later**