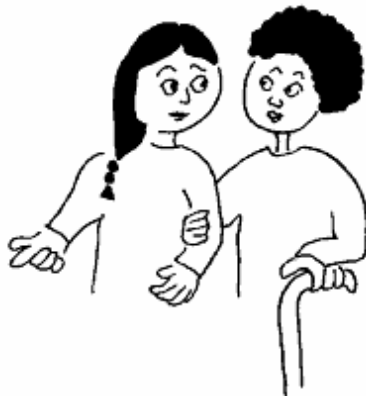


---

# Good Life Plan

The support I need  
to do things



I need more help with



I can do this myself



I can get better at

**ME:**

---

# How I communicate



using words



Understanding big writing and pictures



Understanding drawings and pictures

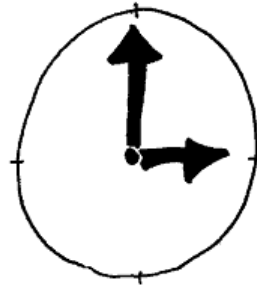


Using my hands

## More about how I communicate



Handling  
Money



Telling the time



Keeping my culture alive



I need more help with

I can get better at

# People who are important to me



My family



My friends and  
people who speak  
up for me

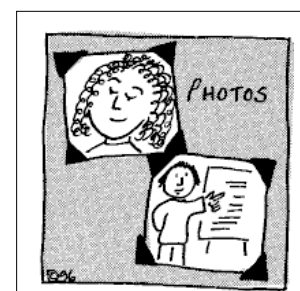


People I see in the  
community










People who help me

The person I like best is:



# What I do in the week

Monday		Friday	
Tuesday		Saturday	
Wednesday		Sunday	
Thursday		My weekly calendar	

# AM



Day

# PM



Evening

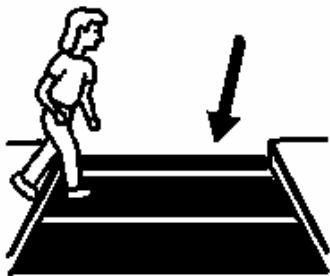
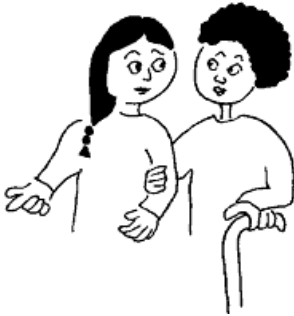
# Sat | Sun



Weekend

# Getting to places

Support I get to:



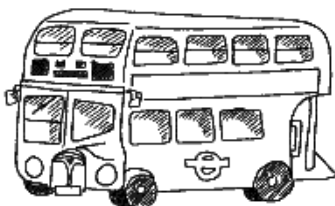
Cross the road



Find things in a shop



Use a car or bus



## More about Getting to places



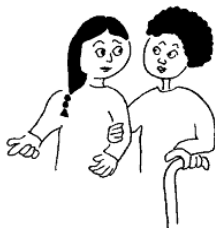
Use a wheelchair or walking aid?



Keep safe



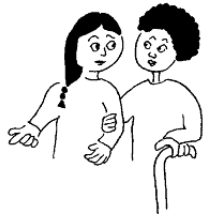
Keep my culture alive



I need more help with

I can get better at

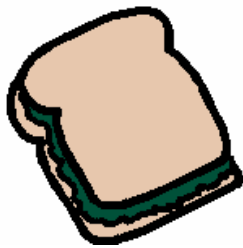
# Household activities



Support I get to:



Make a drink



Make a snack



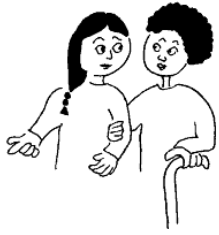
Make a meal



Clean my home



## More Household activities



Support I get to:



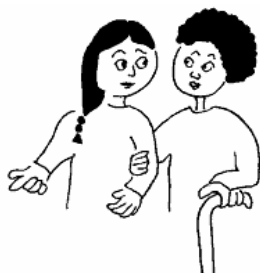
Wash my clothes



Keep safe



Keep my culture alive



I need more help with

I can get better at

# Health and looking after myself

## Important things to know about



My eyesight



My hearing



How I move around

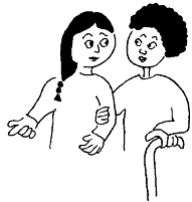


How well I sleep



How I show my feelings

# More about Health and looking after myself



Support I get to:



Eat



Drink

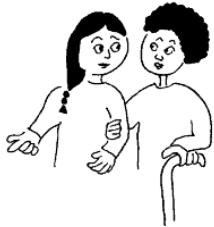


Keep clean

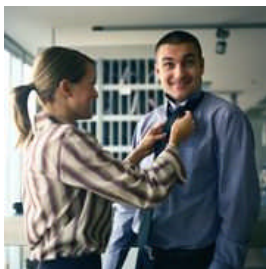


Use the toilet

# More about Health and looking after myself



Support I get to:



Get dressed



Keep safe



Keep my culture alive



I need more help with

I can get better at: