

# Good Life Plan

## My Best List of Wants and Needs

Do this with me  
as you would wish it for yourself

Written by me  
and my plan chaser

My name:

Who completed this with me:

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### How to do it

My Best list of wants and needs is for the Good Life Plan meeting. The list has 11 parts and has 10 to 20 ideas for goals.

Me and my plan chaser choose ideas from **me, my wants and needs, booklet 4**, or from your own notes and write them into booklet 5.

I may not want goals from each of the 11 parts of life.  
Me and my plan chaser choose these 10 to 20 ideas by thinking about,

what would be a must for me,  
what would I like best,  
what would I enjoy if it happened even more,  
what would somebody enjoy helping me with,  
what things have I already started to do,  
what things may lead me to new opportunities,  
what things will I feel proud of,  
what things are missing from my life,  
what would other people want if they had my life,

We will then have 10 to 20 ideas, and no more, to take to my Good Life Plan meeting

As the plan chaser writes down these ideas we will also write down what will help me get my wants and needs. This may be,

my likes and dislikes,  
things I have done well,  
things I can do for myself,  
my personality or the sort of person I like to be,  
other things such as people, money, equipment,

Me and my plan chaser will not write down a long report on things I have already done or things that are very private or embarrassing.

My copy of my best list of wants and needs is done in a way I can understand and has drawings, pictures or photos if needed.

Me and my plan chaser send out my best list of wants and needs to people coming, at least 2 weeks before the meeting.

The plan chaser will support me to decide who should come to my meeting. I don't have to invite people I really don't like.

Photos may help me decide, or remind me who is coming to the meeting.

Part of life:

**1. Relationships within the community and other people I like.**

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

## **2. Dealing with money and shopping**

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

### **3. Getting to ordinary places in the community**

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

#### **4. Leisure and adult education**

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

## **5. Work**

New wants and needs, the next steps to take

What have I already got that will help?



Part of life:

## **6. Where I live and household activities**

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

## **7. Health, appearance and looking after myself**

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

## **8. Day time support**

New wants and needs, the next steps

What have I already got that will help?

Part of life:

## **9. Short breaks**

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

## **10. Communication and feelings**

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

## **11. Needs of people who support me**

New wants and needs, the next steps to take

What have I already got that will help?