

# Good Life Plan

## Me, My 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?

Plan chaser

Another

.....

.....

Date completed:

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## **Getting started**

Remember to use the picture booklet 4 as well as this written one

2 months before my Good Life Plan meeting, me and my plan chaser talk with people who might want to be involved with my plan. This may be my family or advocates and the staff I choose.

Before any meeting, we give everyone a copy of this booklet to help them think about me, my wants and needs.

We may have one or two chats with each person

The plan chaser will need to keep lots of photos or drawings to remind me of things

The Good Life Plan team will give me and the plan chaser as much help as we need.

Note: We do not have to write in booklet 4 or ask all of the questions. We can make our own notes and keep them safe. The most important things to note are what I want to happen next and new goals

As we think about me, my wants and needs, we follow these 3 steps, first my wishes, second 7 good human rights, third 11 parts of my life. It is really important to keep to this order.

### **First step My Wishes**

Don't just think about what I have done before. Look at the next page. Ask some or all of the questions or add your own.

We write down the ideas for my wishes and who said them on page 5 or in our own notes.

Now we think which of the 11 parts of my life each idea belongs to. We then write the name of that part next to each idea.

I have a blank cheque book, what am I going to buy?

I only have a set number of wishes, what would I choose?

imagine I am developing my own services because there is none at the moment, what do I want?

imagine I have the perfect job to suit my interests and likes. What is my job?

if you were me, what would you say you needed?

If you could get double the number of staff for me than today what would they support me to do?

if it was completely in your power but you could only change or improve three things which are not good about my lifestyle, what would they be?

if it was my birthday what would you buy?

If I said 'I've had a bad day!' what would have happened?

what would my ideal holiday be like?

If I said 'I've had an ideal day!' what would have happened?

what three things about me could we make the most of?

My wishes

which part of my life  
and who said it



Now we write my wishes under the matching part of my life on pages 15-25 or  
in my own notes

## **Second Step 7 Good human rights**

Ask questions about this list of 7 good human rights and 7 bad things. Try and find new wants and needs.

Getting to places in the community

People I like

People thinking good things about me

Saying yes I like or no I don't

Enjoying being myself

Taking part in activities

Keeping things I like and trying new things

## **7 bad things are**

Being kept apart from the community

Being lonely

People thinking I'm no good

Being bossed around or being told what to do and what not to do

Having to be like everyone else

Being bored

Doing the same old things all the time or things being changed too quickly

We write down the suggestions and who said them on pages 7-13 or in my own notes.

Then we think which of the 11 parts of my life each idea belongs to. We then write the name of that part next to each idea.

Now we write my wishes under the matching part of my life on pages 15-25 or in my own notes.

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Good human right Getting to places in the community.

Bad thing Being kept apart from the community.

We ask some or all of these questions

Am I spending lots of time stuck indoors at home or inside a day centre?

What do I travel in to get to the shops, day centre, to meet friends?

How often do I go to local shops?

Who do I mix with in my spare time, when I go out? Is it just with the people I live with?

Suggested want  
or need

which part of my life  
and who said it?



Good Human right

People I like

Bad thing

Being lonely.

We ask some or all of these questions

Imagine I had a lot of friends in my neighbourhood, how did I meet them?

How often do I talk to my family or friends who don't live with me?

If I haven't got a girlfriend or boyfriend already, would I like to have one?

Do I have anything to help me remember people who are important to me?

Suggested want or need

which part of my life  
and who said it?

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Good human right

People thinking good things about me

Bad thing

People thinking I'm no good

We ask some or all of these questions

Would other people think my appearance wasn't good enough?

Do I get activities which are childish or for people of a very different age-group?

Which of my possessions and activities would other people admire or be interested in?

Would other people feel worried about being near to me or my staff?

Suggested want or need

which part of my life  
and who said it?

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Good human right

Saying yes I like or no I don't like

Bad thing

Being bossed around or being told what to do and what not to do

We ask some or all of these questions

Do I have enough choice in my daily routines?

If someone had to speak for me, what would they say I needed or wanted?

How are choices given to me?

Are there rules in the house that I have to keep to? What would happen if I say no or complain?

Suggested want or need

which part of my life and who said it?

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Good human right

Enjoying being myself

Bad thing

Having to be like everyone else

We ask some or all of these questions.

Do I go out in a group most of the time?

At home, what activities can I do without other people being around?

What changes could I make to my bedroom?

Does anyone help me to be different from others?

How do staff remember what I like and dislike?

At home, what do I do the same time as other people?

Suggested want or need

which part of my life  
and who said it?



Good human right

Taking part in activities

Bad thing

Being bored

We ask some or all of these questions.

Do I wait around too much for things to happen?

How am I helped to plan new activities?

Do people know how to get me involved in difficult activities?

At home, how many activities are there for me to choose from? Is it enough?

Do people give me more help than I need?

Suggested want or need

which part of my life  
and who said it?



Good human right

Keeping things I like and trying new things

Bad thing

Doing the same old things all the time or things being changed too quickly

We ask some or all of these questions.

What do I really treasure and would hate to lose?

Which of my hobbies would I like to do more in?

Are my activities and goals just the same as last year?

What new activities are other people offering me?

Suggested want or need

which part of my life and who said it?



**Third step: 11 parts of my life**

Me and my plan chaser look at the, **what I like and what I don't like and what support I need to do things, booklets 2 and 3**, to get ideas on what I want to happen and need. We can write them down in this booklet under the 11 parts of my life or in my own notes.

Me and my plan chaser then meet people for more ideas on my wants and needs.

We bring along a copy of my goals from last year

The results are written down like this, did I reach the goal? did I reach part of the goal? did I try but nothing worked? did I not try at all?

We ask new questions on my wants and needs, trying not to ask questions that we answered in step 2, 7 good human rights and 7 bad things.

This is not an assessment of how things are now, just write down what I want to happen next and new goals. Look at the 11 parts of my life on pages 15-26 or in our own notes, for ideas on my wants and needs.

These wants and needs might be things which,

I already have but may get lost if not in my plan,

I want but don't have enough of,

are annoying, upset me or are not good enough for me and need to stop,

are the next step in things getting better

The plan chaser will know me really well and may have good suggestions to add to my needs, wants and goals.

As the plan chaser writes down my wants and needs 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

Part of life:

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

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

- Family
- Friends
- Leisure partners
- People I see in the community
- Getting on with people
- My love life
- Clubs
- Cultural
- Religion
- Loss and death

Wants and needs, the next steps to take

who said it?



What have I already got that will help?



Part of life:

## 2. Dealing with money and shopping

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

How much money I get

Bank and Post Office

How I manage my money

Handling money

Food shopping list

Buying things other than food

Local shops

Supermarkets

Saving and money my family may leave me

Wants and needs, the next steps to take

who said it?

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What have I already got that will help?

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Part of life:

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

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Around the house and garden

In the street and crossing roads

Access to places in the community

Number of different places for leisure and entertainment

My own transport

Bus, taxi and train

Wants and needs, the next steps to take

who said it?

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What have I already got that will help?

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Part of life:

#### 4. Leisure and adult education

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Leisure at home

Leisure away from home

Fun and entertainment

Hobbies and collecting

Sport

Arts and crafts

T.V. videos, books, C.D.s and computers, library

Nature, garden, pets

Not doing something but just enjoying watching or listening to it

Adult Education courses

Wants and needs, the next steps to take

who said it?

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What have I already got that will help?

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Part of life:

### 5. Work

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Type of work

Paid

Voluntary

Wants and needs, the next steps to take

who said it?



What have I already got that will help?



Part of life:

### 6. Where I live and household chores.

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Bedroom

Comfort

Decoration and display

Access and keys

Privacy

Involvement in running the house

Cultural issues

Housemates

Mealtimes and preparing food and drink

Using household equipment and cleaning

Safety

Wants and needs, the next steps to take

who said it?



What have I already got that will help?



Part of life:

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

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

- Eating, drinking and diet
- Health of each body part
- Vision and hearing
- Fitness and exercise
- Sleep and relaxation
- How I look
- Dressing and fashion
- Cleaning and care of clothes
- Using the bathroom and toilet
- Cultural issues
- Complementary Therapies
- Mental health
- Medications

Wants and needs, the next steps to take

Who said it?



What have I already got that will help?



Part of life:

### 8. Day time support

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Activities I would like to do

Transport

Wants and needs, the next steps to take

who said it?

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What have I already got that will help?

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Part of life:

### 9. Short breaks

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Do I get support in my own home or do I go overnight somewhere?

Holidays

Day trips

Plans for the year

Wants and needs, the next steps to take

who said it?

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What have I already got that will help?

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Part of life:

### 10. Communication and feelings

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

- Using words and gestures
- Understanding words and gestures
- Using pictures, drawings and photos
- Reading and writing
- Using telephone
- Telling time
- Activity diary
- How I like to be involved in an activity
- Getting lots of choices
- Saying "no"
- Challenging behaviour
- Uncomfortable feelings

Wants and needs, the next steps to take

who said it?



What have I already got that will help?



Part of life:

### 11. Needs of people who support me

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Communication

Support for carers and staff

Training

Advocates

Unpaid supporters and friends

People who help me get around

Getting new staff and services

Wants and needs, the next steps to take

who said it?

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What have I already got that will help?

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