

Good Life Plan

The support I need
to do things

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:

Date completed:

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How to do it

Remember to use the picture booklet 3 as well as this written one

We need to find out what support I need to do things.

It is not a long list of every single thing I do.

There are different ways to find out what support I need to do things,

Ask me, ask someone who really knows me.

You can join in and watch me do an activity.

I may share with you reports people have written.

I will only share a copy of this booklet with people who know me really well. Anyone else who thinks they need to see it will have to ask me first.

Then we write down ideas on new wants and needs. These are things I want more support with and things I want to get better at. Later when we use **booklet 4 me, my wants and needs**, we will copy these.

Note: We do not have to write in booklet 3. We can make our own notes and keep them safe

How I communicate

Can I do these things by myself, with a little bit of help or can't I do them at all?

Know that an object can also mean an activity.

Know what pictures, drawings and photos mean.

Know what spoken words mean

Know what hand signs mean.

Use spoken words to say what I want

Use hand signs to say what I want.

Take turns and asking questions.

Use the telephone.

Read words.

Write words.

Tell the time.

Handle money.

How can you keep my culture alive in how I communicate?

How I communicate, new wants and needs:

Things I want more support with.

Things I want to get better at.

People who are important to me

My family

My friends

My advocate

People I see in the community

People who help me at home

People who help me with my day activities

Other paid people who help me

Which of the above know me best?

What I do in the week

Do they happen every week or not?

Day	Morning	Afternoon	Evening
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Getting to places

What type of support do I get now?

Look at the list below and choose from, I need you to do this for me or holding me or using hand signs or telling me what to do or showing me first then asking me to do it or I can do this by myself

Crossing a road

Finding things in a shop

Paying for things in a shop

Using a train

Do I use a wheelchair or other walking aid?

Do you need to do anything special to keep me feeling safe when I'm out?

How can you keep my culture alive in getting to places?

Getting to place, new wants and needs:

Things I want more support with.

Things I want to get better at.

Household activities

What type of support do I get now?

Look at the list below and choose from, I need you to do this for me or holding me or using hand signs or telling me what to do or showing me first then asking me to do it or I can do this by myself

Making drinks

Making snacks

Making meals

Using equipment for household activities

Washing clothes

Other cleaning

Do I need any special equipment to do household activities?

Do you need to do anything special to keep me feeling safe when I'm doing household activities?

How can you keep my culture alive when doing household activities?

Household activities, new wants and needs:

Things I want more support with.

Things I want to get better at.

Health and looking after myself

What is important about my health?

My eyesight

My hearing

My physical ability

Well woman's or well man's health

Do I sleep well?

My feelings and mental health

Do I have any behaviours that you think are challenging?

Are there other important things about my health?

What type of support do I get now?

Look at the list below and choose from, I need you to do this for me or holding me or using hand signs or telling me what to do or showing me first then asking me to do it or I can do this by myself

Eating

Drinking

Keeping my skin, teeth and hair clean

Using the toilet

Dressing

Do I use any special equipment for my health and looking after myself?

Do you need to do anything special to keep me safe with my health and looking after myself?

How can you keep my culture alive in health and looking after myself?

My Health and Looking after myself, new wants and needs:

Things I want more support with

Things I want to get better at.