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My Person Centred Plan

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| Name [Tick-red](http://images.google.co.uk/imgres?imgurl=http://upload.wikimedia.org/wikipedia/commons/1/15/Tick-red.png&imgrefurl=http://commons.wikimedia.org/wiki/File:Tick-red.png&usg=__vmRk5ZTLYX0-ZYVtSP02UduAdhA=&h=189&w=200&sz=21&hl=en&start=4&um=1&itbs=1&tbnid=pjN2D77jYY8OQM:&tbnh=98&tbnw=104&prev=/images?q=red+tick&um=1&hl=en&safe=active&sa=N&tbs=isch:1) | My Name is : |
| Assessment  college tutor | This is my assessment, which I have completed with help from :- |
| Help  lecturer and interpreter | My assessor asked the people below for information to be used in this assessment:- |
| Health Needs  [Image result for health need clipart](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwic3KWfzcPaAhXEKMAKHcSxDiQQjRx6BAgAEAU&url=http://publichealth.warwickshire.gov.uk/&psig=AOvVaw2fwDsut9-I0g8q2I3YwzJr&ust=1524133326185904) | My health needs are : |
| Support  Looking at the book together | My assessment establishes how much care and support I need. It tells people what I can do, what I need help with and the way I like to be helped. |
| Permission  tick | I give permission for a copy of this assessment to be kept with my support plan in my home, also that my Social Worker may have a copy on their file for records. |
| Agree  tick | I agree that it can and should be used by all of my Support Workers to understand my needs |

**SIGNATURES**

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| [Image result for signing paper clipart](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjF5N6ezsPaAhVEJlAKHfbNC6YQjRx6BAgAEAU&url=http://clipart-library.com/signing-cliparts.html&psig=AOvVaw1jQf5tnt_m9zYsIfyHw09D&ust=1524133586657957) | I am able to sign myself:  Signed:  ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| college tutor | I am unable to sign myself.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will sign on my behalf.  They are my ­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Signed:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| DATE:  [Image result for calendar clipart](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjD5L3hzsPaAhUFaVAKHfjgDaEQjRx6BAgAEAU&url=http://www.timminsringette.com/calendar-clipart-calendar/&psig=AOvVaw0EfBmdc0ImVXbkAlVxIa0Y&ust=1524133730897944) |  |
|  | My Person Centred Plan has been completed by  We agree that my plan can be shared by Adult Social Care with other people or teams that are helping me. |

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| **Communication**  [CAF1300AV_big](http://images.google.co.uk/imgres?imgurl=http://edushop.edu4kids.com/catalog/images/products/CAF1300AV_big.gif&imgrefurl=http://www.stheoutlawtorn.com/marchives/2005_06_01_archives.php&h=339&w=400&sz=75&hl=en&start=6&um=1&tbnid=pLgvKBOq-r9jhM:&tbnh=105&tbnw=124&prev=/images?q=tAPE+rECORDER&um=1&hl=en)  [popup_album](http://images.google.co.uk/imgres?imgurl=http://fototiller.com/blog/wp-content/uploads/2007/04/popup_album.jpg&imgrefurl=http://fototiller.com/blog/2007/04/&h=330&w=468&sz=38&hl=en&start=1&um=1&tbnid=dNxuHLBAq1EA0M:&tbnh=90&tbnw=128&prev=/images?q=photo+album&um=1&hl=en)  [ILd-03-05-3974-TJ-02](http://images.google.co.uk/imgres?imgurl=http://www.uiowa.edu/~fyi/issues/issues2004_v42/04012005/photos/FYI%20400/ILd-03-05-3974-TJ-02.jpg&imgrefurl=http://learnesl.blogspot.com/2007/05/sign-language.html&h=400&w=400&sz=29&hl=en&start=24&um=1&tbnid=C1S0u66DRixWQM:&tbnh=124&tbnw=124&prev=/images?q=sign+language&start=20&ndsp=20&um=1&hl=en&sa=N)  [using-makaton-to-help-students-develop-rereading-skills-21533](http://images.google.co.uk/imgres?imgurl=http://www.k-3teacherresources.com/images/using-makaton-to-help-students-develop-rereading-skills-21533.jpg&imgrefurl=http://www.k-3teacherresources.com/using-makaton-to-help-students-develop-rereading-skills.html&usg=__LLwf7nHK-fH5qgZ1mTl24HE_EFs=&h=157&w=171&sz=10&hl=en&start=6&itbs=1&tbnid=urBjtLY2XcEz8M:&tbnh=92&tbnw=100&prev=/images?q=Makaton&hl=en&safe=active&gbv=2&tbs=isch:1)  [dynavox_mt4](http://images.google.co.uk/imgres?imgurl=http://www.spectronicsinoz.com/images/product/dynavox_mt4.jpg&imgrefurl=http://www.spectronicsinoz.com/product/16314&usg=__HEvCMp-gjyfJJXVdsmgLjvPy5l8=&h=217&w=282&sz=21&hl=en&start=9&itbs=1&tbnid=4Vw-CpxseaA7mM:&tbnh=88&tbnw=114&prev=/images?q=Dynavox&hl=en&safe=active&sa=X&gbv=2&tbs=isch:1)  Language  speak_too_fast  Telephone  [Telephone_Set](http://images.google.co.uk/imgres?imgurl=http://www.germes-online.com/direct/dbimage/50190946/Telephone_Set.jpg&imgrefurl=http://www.germes-online.com/catalog/88/1053/291859/telephone_set.html&h=360&w=360&sz=18&hl=en&start=1&tbnid=aN0PyC9VIThoeM:&tbnh=121&tbnw=121&prev=/images?q=telephone&gbv=2&hl=en) [o2_XphoneII_mobile_phone_image](http://images.google.co.uk/imgres?imgurl=http://www.mrgadget.com.au/catalog/images/o2_XphoneII_mobile_phone_image.gif&imgrefurl=http://www.mrgadget.com.au/catalog/o2-xphone-ii-mobile-phone-w128mb-mini-sd-memory-card-p-600.html&h=375&w=375&sz=25&hl=en&start=1&um=1&tbnid=H4Nuf1JmGXk74M:&tbnh=122&tbnw=122&prev=/images?q=mobile+phone&um=1&hl=en)  **WAKING UP**  [Rolex1](http://images.google.co.uk/imgres?imgurl=http://lh3.google.com/_84s2rvoIH_I/R09Kc_to-XI/AAAAAAAAAKA/swia5f0pLTQ/s800/Rolex1.jpg&imgrefurl=http://picasaweb.google.com/lh/photo/hhA7LfEvMn7ExbYTLra20A&h=400&w=400&sz=41&hl=en&start=13&tbnid=zNQSO8ebAL8Y2M:&tbnh=124&tbnw=124&prev=/images?q=ladies+wrist+watch&gbv=2&hl=en)  [compare-alarm-clock](http://images.google.co.uk/imgres?imgurl=http://www.heartratemonitorsusa.com/Images/TZ-2004/category-page-images/compare-page-images/compare-alarm-clock.JPG&imgrefurl=http://www.incendiarylit.com/category/firestarter/&h=2000&w=1500&sz=1963&hl=en&start=3&tbnid=jtdhtfHkXitBrM:&tbnh=150&tbnw=113&prev=/images?q=alarm+clock&gbv=2&hl=en)  [Knockingsmall](http://images.google.co.uk/imgres?imgurl=http://www.fsboprimer.com/images/Knockingsmall.jpg&imgrefurl=http://www.fsboprimer.com/selling.html&h=200&w=300&sz=14&hl=en&start=5&tbnid=0wjqUM1DlbRgrM:&tbnh=77&tbnw=116&prev=/images?q=knock+on+the+door&gbv=2&hl=en)  [Telephone_Set](http://images.google.co.uk/imgres?imgurl=http://www.germes-online.com/direct/dbimage/50190946/Telephone_Set.jpg&imgrefurl=http://www.germes-online.com/catalog/88/1053/291859/telephone_set.html&h=360&w=360&sz=18&hl=en&start=1&tbnid=aN0PyC9VIThoeM:&tbnh=121&tbnw=121&prev=/images?q=telephone&gbv=2&hl=en)  [23381887](http://images.google.co.uk/imgres?imgurl=http://images.jupiterimages.com/common/detail/87/18/23381887.jpg&imgrefurl=http://www.jupiterimages.com/itemDetail.aspx?itemID=23381887&h=250&w=166&sz=22&hl=en&start=1&tbnid=vLPKrtQxRgXlOM:&tbnh=111&tbnw=74&prev=/images?q=walking+through+a+door&gbv=2&hl=en)  Sleep when you want  **PERSONAL HYGIENE**  AD001596  bath  sinksoap  AD003985  AD002058 AD002062  TBRUS003  [AIV8_cushion-brush-071016](http://images.google.co.uk/imgres?imgurl=http://www.quickandsimple.com/images/photo_img/AIV8_cushion-brush-071016.jpg&imgrefurl=http://www.quickandsimple.com/photos/photo.php?id=877&menu=0&h=400&w=355&sz=41&hl=en&start=11&tbnid=jHxXTBnJc-WwHM:&tbnh=124&tbnw=110&prev=/images?q=Hair+brush&gbv=2&hl=en&sa=X)[etiturbo](http://images.google.co.uk/imgres?imgurl=http://www.hairstyling.co.uk/acatalog/etiturbo.jpg&imgrefurl=http://www.hairstyling.co.uk/acatalog/Dryers.html&h=478&w=500&sz=16&hl=en&start=5&tbnid=7ikxM68wmCvpAM:&tbnh=124&tbnw=130&prev=/images?q=Hair+dryer&gbv=2&hl=en)  [Image result for female health clip art](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiXormt9r7aAhVLBsAKHRPlBVsQjRx6BAgAEAU&url=http://jacksonvillept.com/womens-health/&psig=AOvVaw08DpD9LH0qS28GgqtMSQgI&ust=1523972561590644)  shopping 3  help | | I communicate with people using:-    Objects of reference  Photographs  Signing  Symbols  Speech  Communication Aid  The language I speak is :-  I can use the telephone independently:-  YES NO  I can use a mobile telephone:-  YES NO  Do you have your own mobile phone?  YES NO  I can tell the time:-  YES NO  I can set an alarm clock:-  YES NO  I can get up when my clock goes off:-  YES NO  In a morning I need …………….  A knock on the door  Someone to telephone me  Someone to come into my room to wake me  To wake up in a morning I need help with………  I am able to do the following independently:-  Shower  Bath  Wash    Dry myself  Shave  Brush My Teeth  Brush my Hair  Wash my Hair  Female Health  I am able to purchase my own toiletries independently:-  YES NO  I need help with the following:……………… | |
| **GETTING DRESSED AND CHOOSING CLOTHES**  choices (clothes)  choices (clothes)  mirror  shopping 3  trainer | In a morning I can get dressed by myself:-  YES NO  I may need help with putting on :-  I can choose my own clothes:-  For going out  Going to work  Special occasions  I am able to purchase my own clothes and shoes:-  YES NO  When Buying Shoes Or Clothes I Need Help With:   1. Suitability 2. Payments of items | |
| Help  help | To get dressed, choose or purchase my clothes:-  I need help with………… | |

**PREPARING AND COOKING MEALS**

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| [Image result for breakfast cereal and toast](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjE07_1wL7aAhUQb1AKHQqZALQQjRx6BAgAEAU&url=https://philiphowardfitness.com/2014/08/01/what-to-eat-for-breakfast/&psig=AOvVaw1EJsE0u49xG7QTloQLGwXO&ust=1523958204212233) | **What I like to eat for breakfast** |
| [teapottipper](http://images.google.co.uk/imgres?imgurl=http://www.homehealthcarecentre.com/products/product_images/teapottipper.jpg&imgrefurl=http://www.homehealthcarecentre.com/Kitchen_Aids.htm&h=361&w=300&sz=10&hl=en&start=17&um=1&tbnid=3dWz5xqGZwIStM:&tbnh=121&tbnw=101&prev=/images?q=kettle+pouring+into+cup&um=1&hl=en)  [toast](http://images.google.co.uk/imgres?imgurl=http://blogs.venturacountystar.com/vcs/dennert/archives/toast.jpg&imgrefurl=http://blogs.venturacountystar.com/vcs/dennert/archives/2006/10/speaker_pelosi.html&h=400&w=374&sz=35&hl=en&start=10&um=1&tbnid=2bRnn8WOQpQ4MM:&tbnh=124&tbnw=116&prev=/images?q=toast&um=1&hl=en)  [42-15880920](http://images.google.co.uk/imgres?imgurl=http://pro.corbis.com/images/42-15880920.jpg?size=572&uid=%7bDED4D7E2-A241-4478-AB53-3E346083E598%7d&imgrefurl=http://pro.corbis.com/search/Enlargement.aspx?CID=isg&mediauid=DED4D7E2-A241-4478-AB53-3E346083E598&h=301&w=400&sz=40&hl=en&start=18&um=1&tbnid=sMjjCRIunPvcBM:&tbnh=93&tbnw=124&prev=/images?q=butter+bread&um=1&hl=en)  [Cornflakes_ungesuesst](http://images.google.co.uk/imgres?imgurl=http://www.purenature.de/bilder/81231/Cornflakes_ungesuesst.jpg&imgrefurl=http://brokencoffee.blogspot.com/&h=395&w=400&sz=40&hl=en&start=8&um=1&tbnid=IOH_UoT-_QynQM:&tbnh=122&tbnw=124&prev=/images?q=cornflakes&um=1&hl=en) | What can I do by myself:-  Make tea  Toast  Butter Bread  Cereal |
| [1646802](http://images.google.co.uk/imgres?imgurl=http://picnic.ciao.com/uk/1646802.jpg&imgrefurl=http://www.ciao.co.uk/Morning_Fresh_Washing_Up_Liquid__72317&h=300&w=400&sz=15&hl=en&start=18&um=1&tbnid=PBeewyYdFG6RpM:&tbnh=93&tbnw=124&prev=/images?q=washing+up&um=1&hl=en) | I can wash up and clear away after my meals:-  YES NO |
| Help  help | To make and eat my breakfast I need help with………… |

**MAKING LUNCH**

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| [Image result for lunch - easy pictures](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjc76a6wL7aAhWCLlAKHejtBMIQjRx6BAgAEAU&url=https://www.produceforkids.com/recipes/easy-lunch-stackers-bento-box/&psig=AOvVaw36JAISI55vRY31RPmfCXEV&ust=1523958050868129) | **What I like to eat for Lunch** |
| [Sandwich](http://images.google.co.uk/imgres?imgurl=http://www.recipes4us.co.uk/images/Sandwich.jpg&imgrefurl=http://www.recipes4us.co.uk/British%20Sandwich%20Week.htm&h=1104&w=1722&sz=542&hl=en&start=2&um=1&tbnid=7tpHGUuhcm2RDM:&tbnh=96&tbnw=150&prev=/images?q=sandwich&um=1&hl=en)[coffee-cup-01](http://images.google.co.uk/imgres?imgurl=http://www.pachd.com/free-images/food-images/coffee-cup-01.jpg&imgrefurl=http://www.pachd.com/free-images/food-images.html&h=768&w=1024&sz=174&hl=en&start=4&um=1&tbnid=6GiJga_5giBNMM:&tbnh=113&tbnw=150&prev=/images?q=cup+of+coffee&um=1&hl=en)  [s_orangejuice](http://images.google.co.uk/imgres?imgurl=http://www.freedigitalphotos.net/image/s_orangejuice.jpg&imgrefurl=http://www.freedigitalphotos.net/details.php?gid=140&sgid=&pid=1497&h=375&w=500&sz=86&hl=en&start=5&um=1&tbnid=3XOfGJgh8IQrzM:&tbnh=98&tbnw=130&prev=/images?q=orange+juice&um=1&hl=en)  [23411879](http://images.google.co.uk/imgres?imgurl=http://images.jupiterimages.com/common/detail/79/18/23411879.jpg&imgrefurl=http://www.jupiterimages.com/itemDetail.aspx?itemID=23411879&h=168&w=250&sz=22&hl=en&start=3&um=1&tbnid=0KCkk1MGCfwv2M:&tbnh=75&tbnw=111&prev=/images?q=packed+lunch&um=1&hl=en)  [istockphoto_1668917_baked_beans_on_wholemeal_toast_against_white_background](http://images.google.co.uk/imgres?imgurl=http://www1.istockphoto.com/file_thumbview_approve/1668917/2/istockphoto_1668917_baked_beans_on_wholemeal_toast_against_white_background.jpg&imgrefurl=http://jliu.wordpress.com/category/i-love-singapore/&h=252&w=380&sz=37&hl=en&start=13&um=1&tbnid=tz52gsXgAv4HoM:&tbnh=82&tbnw=123&prev=/images?q=beans+on+toast&um=1&hl=en) | What I can do by myself…………………    Make sandwich  Hot Drink  Cold Drink  Packed lunch  Hot snack |
| help | To make my lunch I need help with ………………… |

**MAKING AN EVENING MEAL**

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| [RoastDinner_468x332](http://images.google.co.uk/imgres?imgurl=http://img.dailymail.co.uk/i/pix/2007/08_02/RoastDinner_468x332.jpg&imgrefurl=http://www.dailymail.co.uk/pages/live/articles/news/news.html?in_article_id=476413&in_page_id=1770&h=332&w=468&sz=45&hl=en&start=1&um=1&tbnid=ANVdrDu8ZfkCPM:&tbnh=91&tbnw=128&prev=/images?q=roast+dinner&um=1&hl=en) | What I like to eat for my evening meal………….. |
| [WHITEBOARD1](http://images.google.co.uk/imgres?imgurl=http://www.thebarn.com.au/images/WHITEBOARD1.jpg&imgrefurl=http://www.thebarn.com.au/index.php/cPath/40/&h=304&w=400&sz=48&hl=en&start=9&um=1&tbnid=6Pwy6zCTzOYnYM:&tbnh=94&tbnw=124&prev=/images?q=white+board&um=1&hl=en)  [23043393](http://images.google.co.uk/imgres?imgurl=http://images.jupiterimages.com/common/detail/93/33/23043393.jpg&imgrefurl=http://www.jupiterimages.com/itemDetail.aspx?itemID=23043393&h=203&w=250&sz=27&hl=en&start=1&um=1&tbnid=yzWQE9jpb-3tMM:&tbnh=90&tbnw=111&prev=/images?q=preparing+vegetables&um=1&hl=en)  [cannon-york-cooker-white](http://images.google.co.uk/imgres?imgurl=http://www.comparestoreprices.co.uk/images/ca/cannon-york-cooker-white.jpg&imgrefurl=http://www.comparestoreprices.co.uk/electric-free-standing-ovens/cannon-york-cooker-white.asp&h=298&w=298&sz=11&hl=en&start=2&um=1&tbnid=D8QwkvamPCj02M:&tbnh=116&tbnw=116&prev=/images?q=cooker&um=1&hl=en)  [microwave](http://images.google.co.uk/imgres?imgurl=http://www.bubblejam.net/brain/microwave.jpg&imgrefurl=http://www.bubblejam.net/brain/science/&h=298&w=300&sz=10&hl=en&start=2&um=1&tbnid=UogXaswlU8rbDM:&tbnh=115&tbnw=116&prev=/images?q=microwave&um=1&hl=en) | What I can do by myself…………………  Decide what to eat  Prepare meal  Cook Meal  Re-heat ready meals |
|  | **I AM ALLERGIC TO** :  I am a Vegetarian  I am a Vegan  I do not like to eat  **I HAVE THE FOLLOWING CULTURAL REQUIREMENTS:** |
| Help  help | To make my evening meal I need help with ………….. |

**IN THE KITCHEN**

|  |  |
| --- | --- |
| [WHITEBOARD1](http://images.google.co.uk/imgres?imgurl=http://www.thebarn.com.au/images/WHITEBOARD1.jpg&imgrefurl=http://www.thebarn.com.au/index.php/cPath/40/&h=304&w=400&sz=48&hl=en&start=9&um=1&tbnid=6Pwy6zCTzOYnYM:&tbnh=94&tbnw=124&prev=/images?q=white+board&um=1&hl=en)  [main_list](http://images.google.co.uk/imgres?imgurl=http://www.bbc.co.uk/scotland/education/wwww/buildings/images/shopping/main_list.gif&imgrefurl=http://www.bbc.co.uk/scotland/education/wwww/buildings/standard/shopping/?item=list&h=290&w=247&sz=10&hl=en&start=3&um=1&tbnid=e9ElH6Hdgj18LM:&tbnh=115&tbnw=98&prev=/images?q=shopping+list&um=1&hl=en)  [Electric_Kettle](http://images.google.co.uk/imgres?imgurl=http://www.germes-online.com/direct/dbimage/50351255/Electric_Kettle.jpg&imgrefurl=http://www.germes-online.com/catalog/93/95/475/49241/electric_kettle.html&h=360&w=360&sz=23&hl=en&start=1&um=1&tbnid=EWPsQGpbWFPOKM:&tbnh=121&tbnw=121&prev=/images?q=kettle&um=1&hl=en)  [Toaster](http://images.google.co.uk/imgres?imgurl=http://www.lakewoodconferences.com/direct/dbimage/50166068/Toaster.jpg&imgrefurl=http://www.lakewoodconferences.com/catalog/93/95/463/toaster.html&h=360&w=360&sz=14&hl=en&start=1&um=1&tbnid=HJI5h4BkMXiVCM:&tbnh=121&tbnw=121&prev=/images?q=toaster&um=1&hl=en)  [cannon-york-cooker-white](http://images.google.co.uk/imgres?imgurl=http://www.comparestoreprices.co.uk/images/ca/cannon-york-cooker-white.jpg&imgrefurl=http://www.comparestoreprices.co.uk/electric-free-standing-ovens/cannon-york-cooker-white.asp&h=298&w=298&sz=11&hl=en&start=2&um=1&tbnid=D8QwkvamPCj02M:&tbnh=116&tbnw=116&prev=/images?q=cooker&um=1&hl=en)  [microwave](http://images.google.co.uk/imgres?imgurl=http://www.bubblejam.net/brain/microwave.jpg&imgrefurl=http://www.bubblejam.net/brain/science/&h=298&w=300&sz=10&hl=en&start=2&um=1&tbnid=UogXaswlU8rbDM:&tbnh=115&tbnw=116&prev=/images?q=microwave&um=1&hl=en)  [191_Scissors-3_blue](http://images.google.co.uk/imgres?imgurl=http://www.penol.dk/upload/billeder/191_Scissors-3_blue.jpg&imgrefurl=http://www.penol.dk/produktvisning.asp?ugid=65&tid=30&setlanguage=2&h=415&w=484&sz=26&hl=en&start=5&um=1&tbnid=TURP-f5i7BgRxM:&tbnh=111&tbnw=129&prev=/images?q=scissors&um=1&hl=en)  [Straight__Non_Stick_Saucepan](http://images.google.co.uk/imgres?imgurl=http://www.global-b2b-network.com/direct/dbimage/50005424/Straight__Non_Stick_Saucepan.jpg&imgrefurl=http://www.global-b2b-network.com/b2b/26/37/859/page1/&h=360&w=360&sz=19&hl=en&start=4&um=1&tbnid=nLNlChHnU7G67M:&tbnh=121&tbnw=121&prev=/images?q=saucepan&um=1&hl=en)  help | I can plan meals  I can make a weekly shopping list  I can go food shopping independently    I can use the following independently :  Kettle  Toaster  Cooker  Microwave  Scissors Vegetable Peeler  Knives Can Opener  Saucepans  In the kitchen I need help with: ……………………….. |

**GETTING READY FOR BED**

|  |  |
| --- | --- |
| Undressed  [pajamas_568](http://images.google.co.uk/imgres?imgurl=http://www.sz-wholesale.com/uploadFiles/pajamas_568.jpg&imgrefurl=http://www.sz-wholesale.com/Search-Result/pajamas/&h=353&w=340&sz=29&hl=en&start=1&um=1&tbnid=UinNs1C-Ho_QqM:&tbnh=121&tbnw=117&prev=/images?q=pajamas&um=1&hl=en) | I can get myself undressed and into my night clothes by myself:-  YES NO |
| Get in bed  Sleep when you want | I can get into bed by myself:-  YES NO |
| Wake up  [800px-A_small_cup_of_coffee](http://images.google.co.uk/imgres?imgurl=http://upload.wikimedia.org/wikipedia/commons/thumb/4/45/A_small_cup_of_coffee.JPG/800px-A_small_cup_of_coffee.JPG&imgrefurl=http://commons.wikimedia.org/wiki/Image:A_small_cup_of_coffee.JPG&h=600&w=800&sz=72&hl=en&start=2&um=1&tbnid=7LGJWxF76RmciM:&tbnh=107&tbnw=143&prev=/images?q=cup+of+coffee&um=1&hl=en)  [HomeToiletImage2](http://images.google.co.uk/imgres?imgurl=http://www.betterlifestylesinc.com/images/pictures/HomeToiletImage2.jpg&imgrefurl=http://www.betterlifestylesinc.com/&h=302&w=337&sz=27&hl=en&start=7&um=1&tbnid=0niR5X-r0jnvDM:&tbnh=107&tbnw=119&prev=/images?q=toilet&um=1&hl=en)  [img0](http://images.google.co.uk/imgres?imgurl=http://www.jyi.org/articleimages/1049/originals/img0.jpg&imgrefurl=http://blog.garymoller.com/2008/01/drugging-population-into-premature-old.html&h=489&w=392&sz=75&hl=en&start=6&um=1&tbnid=0HYc-WNYM6KddM:&tbnh=130&tbnw=104&prev=/images?q=taking+medication&um=1&hl=en) | I wake up in the night and need……………  A Drink  The Toilet  Medication |
| Sleep when you want | I normally sleep through the night:-  YES NO |
| help | To get back to sleep I need…………………. |

**MEDICATION**

|  |  |
| --- | --- |
| I medication  [img0](http://images.google.co.uk/imgres?imgurl=http://www.jyi.org/articleimages/1049/originals/img0.jpg&imgrefurl=http://blog.garymoller.com/2008/01/drugging-population-into-premature-old.html&h=489&w=392&sz=75&hl=en&start=6&um=1&tbnid=0HYc-WNYM6KddM:&tbnh=130&tbnw=104&prev=/images?q=taking+medication&um=1&hl=en) | I need to take medication:-  YES NO |
| Why | I take medication because……………… |
| **The exact details of my medication are in my Care Plan** | |
| When | I need my medication……………  watch 8 o'clock In the morning Yes  watch 1o'clock At Lunchtime Yes  watch-blank face Evening meal time Yes  watch 11'oclock Bedtime Yes |
| Allergic  side_effects_6  help  [lloyds](http://images.google.co.uk/imgres?imgurl=http://www.glucogel.co.uk/images/icons/lloyds.gif&imgrefurl=http://www.glucogel.co.uk/information.asp?INFOID=4&h=100&w=100&sz=3&hl=en&start=5&um=1&tbnid=nRFXAUdRsCw8bM:&tbnh=82&tbnw=82&prev=/images?q=lloyds+chemist&um=1&hl=en)  watch 11'oclock  [product72](http://images.google.co.uk/imgres?imgurl=http://www.atdementia.org.uk/content_files/images/product72.jpg&imgrefurl=http://www.atdementia.org.uk/productSearch.asp?search=go&searchmethod=cats&cat_id=1&subcat_id=5&h=160&w=160&sz=45&hl=en&start=3&um=1&tbnid=RxVb3htwFRsToM:&tbnh=98&tbnw=98&prev=/images?q=weekly+tablet+dispenser&um=1&hl=en) | I am allergic to …………  I NEED HELP WITH :-   1. Re-ordering my repeat prescriptions   YES NO   1. Collection of my medication from the chemist   YES NO   1. Checking I have taken my medication at the prescribed times   YES NO   1. Coaching / Assistance to put my medication into weekly medication tray   YES NO  My medication is made up by the Chemist in a Nomad Pack  YES NO  My medication is collected from………………… |
| Help  help | I need additional support for ……………. |

**HEALTH APPOINTMENTS**

|  |  |
| --- | --- |
| Help  help | Do you need help going to health appointments:-  YES NO |
| Help  Appointments_2 | Do you need help making appointments:-  YES NO |
| Doctor  [blood-pressure3](http://images.google.co.uk/imgres?imgurl=http://www.topnews.in/health/files/blood-pressure3.jpg&imgrefurl=http://www.topnews.in/health/statins-may-help-lower-blood-pressure-21950&h=354&w=342&sz=15&hl=en&start=1&um=1&tbnid=vmO1X9w74mo0bM:&tbnh=121&tbnw=117&prev=/images?q=blood+pressure&um=1&hl=en) | I need someone to come in with me:-  YES NO |
| Consultant  doctor_male | I need someone to come in with me:-  YES NO |
| Nurse  [Image result for nurse clip art](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj42dm0-r7aAhUJZFAKHZFfCIAQjRx6BAgAEAU&url=https://classroomclipart.com/clipart/page-54/Clipart/Medical.htm&psig=AOvVaw2iOuMPVlTckM6WTMn7ekpu&ust=1523973546085426) | I need someone to come in with me:-  YES NO |
| Chiropodist  [Podiatry1](http://images.google.co.uk/imgres?imgurl=http://www.afootabove.co.uk/images/Podiatry1.jpg&imgrefurl=http://www.afootabove.co.uk/podiatry.htm&h=283&w=248&sz=20&hl=en&start=37&um=1&tbnid=1_PW-Hg8vZvFrM:&tbnh=114&tbnw=100&prev=/images?q=chiropody&start=20&ndsp=20&um=1&hl=en&sa=N) | I need someone to come in with me:-  YES NO |
| Dentist  [Dentist](http://images.google.co.uk/imgres?imgurl=http://eslprograms.vcc.ca/ESLWEB/Dentist.gif&imgrefurl=http://eslprograms.vcc.ca/ESLWEB/community.htm&h=434&w=450&sz=39&hl=en&start=21&um=1&tbnid=-uapcfUW0Dh3uM:&tbnh=122&tbnw=127&prev=/images?q=dentist&start=20&ndsp=20&um=1&hl=en&sa=N) | I need someone to come in with me:-  YES NO |
| Optician  [optician](http://images.google.co.uk/imgres?imgurl=http://www.learning4liferesources.com/files/optician.gif&imgrefurl=http://www.learning4liferesources.com/holland_code_book.html&h=300&w=300&sz=23&hl=en&start=4&um=1&tbnid=U1apstwOcNlXMM:&tbnh=116&tbnw=116&prev=/images?q=optician&um=1&hl=en)  [calendar](http://images.google.co.uk/imgres?imgurl=http://www.shepherd.edu/university/calendars/calendar.jpg&imgrefurl=http://www.shepherd.edu/university/calendars/&h=400&w=432&sz=49&hl=en&start=3&um=1&tbnid=_UcVZbFwsOjouM:&tbnh=117&tbnw=126&prev=/images?q=calendar&um=1&hl=en) | I need someone to come in with me:-  YES NO  I can put appointments in a diary/calendar and understand when I need to attend:-  YES NO |

**LAUNDRY**

|  |  |
| --- | --- |
| Dirty Clothes  [stockxpertcom_id433542_size1_1](http://images.google.co.uk/imgres?imgurl=http://girltalk.blogs.com/girltalk/images/stockxpertcom_id433542_size1_1.jpg&imgrefurl=http://girltalk.blogs.com/girltalk/living_purposefully/index.html&h=408&w=300&sz=92&hl=en&start=5&um=1&tbnid=FXt7tT2M-Laq9M:&tbnh=125&tbnw=92&prev=/images?q=pile+of+laundry&um=1&hl=en) | I know when my clothes are dirty and I put them in the laundry basket:-  YES NO |
| Washing Machine  [6kg_front_loading_washing_machine](http://images.google.co.uk/imgres?imgurl=http://www.supplierlist.com/photo_images/22686/6kg_front_loading_washing_machine.jpg&imgrefurl=http://www.supplierlist.com/product_view/jnhitone/22689/100640/washing_machine_6kg.htm&h=1341&w=997&sz=81&hl=en&start=1&um=1&tbnid=XgPACW8-D6z_mM:&tbnh=150&tbnw=112&prev=/images?q=washing+machine&um=1&hl=en) | I can put my clothes in the washing machine and wash them:-  YES NO |
| Dry Clothes  [Your%2520Life%2520Laundry%2520washing%2520line](http://images.google.co.uk/imgres?imgurl=http://www.yourlifelaundry.co.uk/images/Your%20Life%20Laundry%20washing%20line.jpg&imgrefurl=http://www.yourlifelaundry.co.uk/business/motivation.htm&h=290&w=438&sz=39&hl=en&start=4&um=1&tbnid=vHPBymKtONgmzM:&tbnh=84&tbnw=127&prev=/images?q=washing+line&um=1&hl=en)  [btd03](http://images.google.co.uk/imgres?imgurl=http://www.bradburysappliances.co.uk/products/btd03.jpg&imgrefurl=http://www.bradburysappliances.co.uk/tumble-dryers.asp&h=320&w=248&sz=13&hl=en&start=11&um=1&tbnid=25E1GmXhbr_k1M:&tbnh=118&tbnw=91&prev=/images?q=tumble+dryer&um=1&hl=en) | I can hang my clothes on a washing line:-  YES NO  I can use the tumble dryer:-  YES NO |
| Iron  [Electric_Iron](http://images.google.co.uk/imgres?imgurl=http://www.germes-online.com/direct/dbimage/50279947/Electric_Iron.jpg&imgrefurl=http://www.germes-online.com/catalog/93/481/24906/sell_electric_iron.html&h=295&w=295&sz=18&hl=en&start=1&um=1&tbnid=BI_jT1kOnfwiMM:&tbnh=115&tbnw=115&prev=/images?q=iron&um=1&hl=en) | I can iron my own clothes:-  YES NO |
| [Fabric_Bed_Linen](http://images.google.co.uk/imgres?imgurl=http://www.bombayharbor.com/productImage/0009856001180341719/Fabric_Bed_Linen.jpg&imgrefurl=http://www.bombayharbor.com/products/1588/Cotton_Fabrics.html&h=1316&w=1116&sz=95&hl=en&start=7&um=1&tbnid=-81HRgE77t1SbM:&tbnh=150&tbnw=127&prev=/images?q=bed+linen&um=1&hl=en)  help | I can strip my bed linen for washing:-  YES NO  I can re-make my bed and put on a duvet cover:-  YES NO  I need help with : …………………….. |

**FIRST AID**

|  |  |
| --- | --- |
| Emergency  [Image result for emergency symbol](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjy98nQxb7aAhVrJMAKHYQ2AIcQjRx6BAgAEAU&url=https://www.stellarinfo.com/blog/repair-mysql-database-without-backup-plan/emergency/&psig=AOvVaw0TyS6eQDjSnqPDyctenu7Z&ust=1523959476125943) | I know what an emergency is:-  YES NO |
| Contact  help | I know who to contact in an emergency:-  YES NO |
| Fire  [fire](http://images.google.co.uk/imgres?imgurl=http://www.amgmedia.com/freephotos/fire.jpg&imgrefurl=http://www.amgmedia.com/freephotos/free-photos-3.html&h=800&w=600&sz=707&hl=en&start=1&um=1&tbnid=FFHmZnzb4SJuzM:&tbnh=143&tbnw=107&prev=/images?q=fire&um=1&hl=en) | I know what to do if there is a fire or if I hear the Fire Alarm:-  YES NO |
| First Aid Box  [PHE1302](http://images.google.co.uk/imgres?imgurl=http://www.worldofstock.com/slides/PHE1302.jpg&imgrefurl=http://www.worldofstock.com/closeups/PHE1302.php&h=333&w=500&sz=14&hl=en&start=5&um=1&tbnid=ufAA3ZB-67_D7M:&tbnh=87&tbnw=130&prev=/images?q=first+aid+box&um=1&hl=en) | I know where the first aid box is:-  YES NO |
| Help  [iStock_000002769054XSmall_ambulance](http://images.google.co.uk/imgres?imgurl=http://www.totalsolutionmapping.com/images/iStock_000002769054XSmall_ambulance.jpg&imgrefurl=http://www.totalsolutionmapping.com/ambulance_service.aspx&h=280&w=429&sz=223&hl=en&start=18&um=1&tbnid=pwctXPs9jo3-6M:&tbnh=82&tbnw=126&prev=/images?q=ambulance&um=1&hl=en)  [999](http://images.google.co.uk/imgres?imgurl=http://www.staffsmoorlands.gov.uk/images/999.jpg&imgrefurl=http://www.staffsmoorlands.gov.uk/site/scripts/documents_info.php?documentID=173&pageNumber=2&h=345&w=500&sz=46&hl=en&start=17&um=1&tbnid=f61cylx_9xiJAM:&tbnh=90&tbnw=130&prev=/images?q=999&um=1&hl=en)  [school_firetour_engnearside](http://images.google.co.uk/imgres?imgurl=http://www.glosfire.gov.uk/sections/schools/images/school_firetour_engnearside.jpg&imgrefurl=http://www.glosfire.gov.uk/sections/schools/school_firetour_appns.html&h=311&w=574&sz=42&hl=en&start=2&um=1&tbnid=ws82jyjqMeDsSM:&tbnh=73&tbnw=134&prev=/images?q=fire+engine&um=1&hl=en)  help | I need help with………………….  Calling an ambulance  Dialling the Emergency Number  Getting out if there is a fire  I Need Additional Help ……. (i.e.) Pendant alarm ? |

**ROAD SAFETY AND OUT AND ABOUT IN THE COMMUNITY**

|  |  |
| --- | --- |
| Go Out  [61746821](http://images.google.co.uk/imgres?imgurl=http://i.pbase.com/o4/24/324/1/61746821.kAGfykN5.Dynax5D100.jpg&imgrefurl=http://www.pbase.com/flydra/image/61746821&h=700&w=642&sz=143&hl=en&start=56&um=1&tbnid=MNgy7ZlZ3FhGJM:&tbnh=140&tbnw=128&prev=/images?q=walking+alone&start=40&ndsp=20&um=1&hl=en&sa=N) | I can go out on my own :-  YES NO |
| Another Person  [meditation-paths](http://images.google.co.uk/imgres?imgurl=http://www.meditationinlancaster.org/images/meditation-paths.jpg&imgrefurl=http://www.meditationinlancaster.org/meditation-lancaster-local-classes.htm&h=181&w=235&sz=23&hl=en&start=16&um=1&tbnid=iQY2R_w9Yl8gIM:&tbnh=84&tbnw=109&prev=/images?q=two+people+walking+&um=1&hl=en) | I need another person with me when I go out:-  YES NO |
| Cross Road  [traffic_lights_green_man](http://images.google.co.uk/imgres?imgurl=http://www.scarborough.gov.uk/images/traffic_lights_green_man.jpg&imgrefurl=http://www.scarborough.gov.uk/default.aspx?page=13013&h=232&w=174&sz=19&hl=en&start=17&um=1&tbnid=1EX1GuK7WgmY7M:&tbnh=109&tbnw=82&prev=/images?q=pedestrian+crossing&um=1&hl=en) | I can cross the road safely on my own  e.g. use a pedestrian crossing:-  YES NO |
| Town  [page_home_high_butt_up](http://images.google.co.uk/imgres?imgurl=http://www.gettingtohighstreet.com/webgraphics/page_home_high_butt_up.gif&imgrefurl=http://www.gettingtohighstreet.com/&h=386&w=479&sz=124&hl=en&start=15&um=1&tbnid=cOE0OMy9e6ryzM:&tbnh=104&tbnw=129&prev=/images?q=high+street&um=1&hl=en) | I can find my way around town (e.g. know where shops are):-  YES NO |
| Lost  [Telephone](http://images.google.co.uk/imgres?imgurl=http://www.ci.loveland.co.us/parksrec/Telephone.jpg&imgrefurl=http://www.ci.loveland.co.us/parksrec/ChilsonID.htm&h=776&w=1156&sz=50&hl=en&start=9&um=1&tbnid=9-iyZl3tAEwZLM:&tbnh=101&tbnw=150&prev=/images?q=telephone&um=1&hl=en) | I know what to do if I get lost:-  YES NO  I have a mobile telephone that I can use:-  YES NO |
| Understanding Danger  [Image result for stranger danger clipart](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiE3M2O_r7aAhXhIMAKHR6HCGUQjRx6BAgAEAU&url=http://big5kayakchallenge.com/stranger-danger-clipart/fancy-stranger-danger-clipart-stranger-danger-clip-art-hd-pictures-to-pin-on-pinterest/&psig=AOvVaw2hC8wf00R_HZmftfCcU3ti&ust=1523974586292321) | If I’m not happy with someone I am able to ask for help:-  YES NO |
| Help  help | When I go out I need help with……………. |

**PUBLIC TRANSPORT**

|  |  |
| --- | --- |
| BUS  [2030_11_1---Arriva-Bus-Service_web](http://images.google.co.uk/imgres?imgurl=http://www.freefoto.com/images/2030/11/2030_11_1---Arriva-Bus-Service_web.jpg&imgrefurl=http://www.freefoto.com/preview/2030-11-1?ffid=2030-11-1&h=400&w=600&sz=107&hl=en&start=1&um=1&tbnid=tS9Y__cgqouxeM:&tbnh=90&tbnw=135&prev=/images?q=arriva+bus&um=1&hl=en) | I know how to get a bus independently:-  YES NO  I will need bus training until familiar:-  YES NO |
| TRAIN  [train](http://images.google.co.uk/imgres?imgurl=http://www.mainpump.com/image/2007/06/20/train.jpg&imgrefurl=http://www.mainpump.com/news/railroad/1245.htm&h=366&w=459&sz=76&hl=en&start=2&um=1&tbnid=0RZkOOgfeOQk1M:&tbnh=102&tbnw=128&prev=/images?q=virgin+train&um=1&hl=en) | I can get somewhere by train independently:-  YES NO |
| TAXI  [TaxiCab](http://images.google.co.uk/imgres?imgurl=http://www.ukstudentlife.com/Travel/Transport/Taxi/TaxiCab.jpg&imgrefurl=http://www.ukstudentlife.com/Travel/Transport/Taxi.htm&h=282&w=500&sz=36&hl=en&start=7&um=1&tbnid=-TFBhh-JtGkSVM:&tbnh=73&tbnw=130&prev=/images?q=black+taxi&um=1&hl=en) | I can book a taxi independently:-  YES NO |
| Map Journey  [image002](http://images.google.co.uk/imgres?imgurl=http://www.vline.com.au/fares/fares/911_files/image002.gif&imgrefurl=http://www.vline.com.au/fares/fares/interurban_intercity.html&h=218&w=334&sz=15&hl=en&start=20&um=1&tbnid=Okb-KKx9ybegpM:&tbnh=78&tbnw=119&prev=/images?q=plan+your+journey&um=1&hl=en) | I can plan my journey before I leave home:-  YES NO |
| Help  help | I need help with………………….  (a) Going out on day trips  (b) Booking and escorting on holidays  (c) Going to unfamiliar places |

**FRIENDSHIP AND LEISURE**

|  |  |
| --- | --- |
| Hobbies  [17639046_61b6ba517b](http://images.google.co.uk/imgres?imgurl=http://farm1.static.flickr.com/12/17639046_61b6ba517b.jpg&imgrefurl=http://www.flickr.com/photos/miskan/17639046/&h=333&w=500&sz=22&hl=en&start=11&um=1&tbnid=s0F9hwOtZnWqHM:&tbnh=87&tbnw=130&prev=/images?q=ice+skating&um=1&hl=en) | My hobbies are……………………………… |
| Going Out  [ten_pin_bowling_alley_skittles](http://images.google.co.uk/imgres?imgurl=http://www.solarnavigator.net/sport/sport_images/ten_pin_bowling_alley_skittles.jpg&imgrefurl=http://www.solarnavigator.net/sport/ten_pin_bowling.htm&h=500&w=626&sz=21&hl=en&start=1&um=1&tbnid=IytxybfmeRWdEM:&tbnh=109&tbnw=136&prev=/images?q=ten+pin+bowling&um=1&hl=en)  My Religion | I like going to………………………………  My Religion is:  Do you go regularly to religious meetings? ………….. |
| Family/Friends  family | I can visit my family and friends on my own:-  YES NO |
| Out with Friends  [Primrose%2520Picnic3](http://images.google.co.uk/imgres?imgurl=http://www.camdencollege.com/images/social/Primrose%20Picnic3.jpg&imgrefurl=http://www.camdencollege.com/picnics.html&h=1536&w=2048&sz=220&hl=en&start=61&um=1&tbnid=DlyLH45tocSr6M:&tbnh=113&tbnw=150&prev=/images?q=picnic&start=60&ndsp=20&um=1&hl=en&sa=N) | I can go out with my friends on my own:-  YES NO |
| Help  help  Relationships  [050227_mas%2Bholding-hands_to](http://images.google.co.uk/imgres?imgurl=http://www.collegian.psu.edu/archive/2005/02/02-28-05tdc/050227_mas+holding-hands_to.jpg&imgrefurl=http://dreamsound.livejournal.com/&h=230&w=350&sz=9&hl=en&start=16&um=1&tbnid=kwelSOfNlfJFcM:&tbnh=79&tbnw=120&prev=/images?q=holding+hands&um=1&hl=en)  [PA_Personal_Alarm](http://images.google.co.uk/imgres?imgurl=http://www.staffpatrol.com/products/images/PA_Personal_Alarm.jpg&imgrefurl=http://www.staffpatrol.com/products/personalalarms.htm&h=324&w=299&sz=31&hl=en&start=2&um=1&tbnid=aXSGgXkvCQae3M:&tbnh=118&tbnw=109&prev=/images?q=personal+alarm&um=1&hl=en)  [Image result for sad face clipart](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiRt9PF_77aAhUHsaQKHYMeCqEQjRx6BAgAEAU&url=http://allofpicts.com/sad-face-images-free/&psig=AOvVaw3XQ54dbXs9ijBA3KMUPu2X&ust=1523975023684088)  Looking at the book together  [Image result for feeling scared clipart](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjC4fyWgL_aAhWF3KQKHYdSBtoQjRx6BAgAEAU&url=https://clipartxtras.com/categories/view/44bdf0d77d95d550be01c769939a9216817d8855/feeling-scared-clipart.html&psig=AOvVaw13XI6Cl1AAiEEXvg037GGs&ust=1523975185934705) | I need help with……………………   1. Meeting and building friendships 2. Accessing community resources 3. Going to Clubs 4. Following my religion and going to church   OTHER :  I have a personal relationship at the present time:-  YES NO  Have you received advice and guidance regarding your relationship i.e. Contraception, personal safety etc.?  YES NO  Things that make me sad are: ………………….  People who help me are: ………………..  What I would do if I felt scared by someone: …………. |

**JOBS AROUND THE HOUSE AND GARDEN**

|  |  |
| --- | --- |
| Tidy  [hoover-telios-t5805](http://images.google.co.uk/imgres?imgurl=http://www.comparestoreprices.co.uk/images/ho/hoover-telios-t5805.jpg&imgrefurl=http://www.comparestoreprices.co.uk/vacuum-cleaners/hoover-telios-t5805.asp&h=298&w=298&sz=11&hl=en&start=5&um=1&tbnid=8my3WmhMB4Mr-M:&tbnh=116&tbnw=116&prev=/images?q=hoover&um=1&hl=en)  duster_polish  [broom-2-773337](http://images.google.co.uk/imgres?imgurl=http://www.audival.net/wp-content/uploads/2007/11/broom-2-773337.jpg&imgrefurl=http://www.audival.net/2007/11/&h=400&w=400&sz=26&hl=en&start=8&um=1&tbnid=ssMo4J1xfU57HM:&tbnh=124&tbnw=124&prev=/images?q=Broom&um=1&hl=en) | I can keep the house tidy and clean:-  YES NO  I can :  Hoover  Dust  Clean |
| Help  help | I will need assistance to :-   1. Clean out fridge and freezer 2. Check food expiry dates 3. Clean curtains 4. Check Kitchen and Bathroom are clean |
| Garden  [MI0727](http://images.google.co.uk/imgres?imgurl=http://www.sellsportswear.com/cgi-images/MI0727.JPG&imgrefurl=http://www.sellsportswear.com/embroiderydesigns/Garden&h=350&w=331&sz=18&hl=en&start=4&um=1&tbnid=VPfmAfSAbhEpZM:&tbnh=120&tbnw=113&prev=/images?q=garden+tools&um=1&hl=en)  MOWER002 | I can keep the garden tidy:-  YES NO  Use the mower:  YES NO |
| Pets  [rabbit](http://images.google.co.uk/imgres?imgurl=http://www.creationsbydawn.net/pi/tutorials/rabbit.jpg&imgrefurl=http://another-today.blog.co.uk/2007/07/11/how_do_you_catch_a_unique_rabbit~2618251&h=522&w=580&sz=103&hl=en&start=3&um=1&tbnid=d5Lg-WI7d8-DnM:&tbnh=121&tbnw=134&prev=/images?q=rabbit&um=1&hl=en) | I can look after my pets:-  YES NO  I will need assistance if they need a vet:-  YES NO |

**MONEY**

|  |  |
| --- | --- |
| Money  [money](http://images.google.co.uk/imgres?imgurl=http://i1.trekearth.com/photos/10285/money.jpg&imgrefurl=http://www.trekearth.com/gallery/Europe/United_Kingdom/photo113878.htm&h=475&w=800&sz=69&hl=en&start=4&um=1&tbnid=kzOsZzrIgcWFWM:&tbnh=85&tbnw=143&prev=/images?q=english+money&um=1&hl=en&sa=X) | I know what money is:-  YES NO |
| Count Money  [coins800](http://images.google.co.uk/imgres?imgurl=http://www.mikedoel.com/blog/wp-content/uploads/2006/09/coins800.jpg&imgrefurl=http://lt006.k12.sd.us/our_favorite_websites.htm&h=552&w=800&sz=519&hl=en&start=38&um=1&tbnid=RvjJyJwqqgG4GM:&tbnh=99&tbnw=143&prev=/images?q=counting+money&start=20&ndsp=20&um=1&hl=en&sa=N)  Pay for shopping  [handing%2520over%2520money](http://images.google.co.uk/imgres?imgurl=http://www.sie.arizona.edu/MURI/papers/images/handing%20over%20money.jpg&imgrefurl=http://www.sie.arizona.edu/MURI/abstracts.html&h=333&w=576&sz=35&hl=en&start=3&um=1&tbnid=gJuRei66cSlPcM:&tbnh=77&tbnw=134&prev=/images?q=handing+over+money&um=1&hl=en) | I can count money:-  YES NO  I can pay for shopping:-  YES NO  I can check my change is correct:-  YES NO |
| Bills  [UtilityBills_300_alt](http://images.google.co.uk/imgres?imgurl=http://www.peoplesbk.com/UtilityBills_300_alt.jpg&imgrefurl=http://www.peoplesbk.com/95640.html&h=300&w=300&sz=16&hl=en&start=3&um=1&tbnid=iI7huoe4mNB3XM:&tbnh=116&tbnw=116&prev=/images?q=bills&um=1&hl=en) | I can pay bills:-  YES NO |
| Sign benefits  [cheque%2520book](http://images.google.co.uk/imgres?imgurl=http://optimize-it.co.uk/cheque%20book.jpg&imgrefurl=http://optimize-it.co.uk/optimize-itcontact.htm&h=180&w=300&sz=14&hl=en&start=7&um=1&tbnid=jGF86Jc5cVQX5M:&tbnh=70&tbnw=116&prev=/images?q=cheque+book&um=1&hl=en) | I can withdraw my benefits from my bank account or Post Office:-  YES NO |
| Help  help | I need help with……………………….   1. Budgeting my finances 2. My bills paying |

**BANKING**

|  |  |
| --- | --- |
| Bank Account  [cheque%2520book](http://images.google.co.uk/imgres?imgurl=http://optimize-it.co.uk/cheque%20book.jpg&imgrefurl=http://optimize-it.co.uk/optimize-itcontact.htm&h=180&w=300&sz=14&hl=en&start=7&um=1&tbnid=jGF86Jc5cVQX5M:&tbnh=70&tbnw=116&prev=/images?q=cheque+book&um=1&hl=en) | I have a bank account:-  YES NO  This is with…… |
| Bank  [Barclays%2Bsign_732_18263283_0_0_3477_300](http://images.google.co.uk/imgres?imgurl=http://pictures.directnews.co.uk/liveimages/Barclays+sign_732_18263283_0_0_3477_300.jpg&imgrefurl=http://www.clickajob.co.uk/news/barclays-flush-with-liquidity--7458.html&h=300&w=300&sz=17&hl=en&start=2&um=1&tbnid=oS1kr7OcrXLabM:&tbnh=116&tbnw=116&prev=/images?q=Barclays+Bank&um=1&hl=en) | I can go into the bank on my own:-  YES NO |
| Cash Point  [cashpoint](http://images.google.co.uk/imgres?imgurl=http://www.eng.cam.ac.uk/inclusivedesign/introduction/images/cashpoint.jpg&imgrefurl=http://www.eng.cam.ac.uk/inclusivedesign/index.php?section=introduction&page=why&h=254&w=260&sz=10&hl=en&start=8&um=1&tbnid=iruQpX5kKGdNHM:&tbnh=109&tbnw=112&prev=/images?q=cash+point+machine&um=1&hl=en) | I can use a cash point to take out money:-  YES NO |
| Credit Card  [card](http://images.google.co.uk/imgres?imgurl=http://www.dirc.org.uk/overview/card.jpg&imgrefurl=http://www.dirc.org.uk/overview/why.html&h=422&w=681&sz=64&hl=en&start=6&um=1&tbnid=HjxxgzA1GV5H1M:&tbnh=86&tbnw=139&prev=/images?q=Barclays+Bank&um=1&hl=en) | I have a credit card:-  YES NO |
| Help  help | I need help with……………………………   1. Withdrawing money from a cash point machine 2. Someone to remember my pin number 3. I need someone with me to withdraw money 4. Someone to make decisions for me about my money   THE BENEFITS I AM RECEIVING AT PRESENT :-  1.  2.  3.  4.  5.  6.  7  Is a Carers Assessment required? ………….. |

**POST AND LETTERS**

|  |  |
| --- | --- |
| Understand?  [99370](http://images.google.co.uk/imgres?imgurl=http://www.dkimages.com/discover/previews/747/99370.JPG&imgrefurl=http://www.dkimages.com/discover/Home/Technology/Communications/Postal-Services/Letters-and-Envelopes/Unassigned/General-14.html&h=359&w=400&sz=23&hl=en&start=3&um=1&tbnid=bOfRfUjQBzHzaM:&tbnh=111&tbnw=124&prev=/images?q=letter+and+envelope&um=1&hl=en) | I can read and understand my post and letters:-  YES NO |
| Forms  [form](http://images.google.co.uk/imgres?imgurl=http://www.townoffrisco.com/images/business/licenses/form.jpg&imgrefurl=http://www.townoffrisco.com/business/licenses.html&h=265&w=385&sz=10&hl=en&start=3&um=1&tbnid=AE4IRjAOo1WaUM:&tbnh=85&tbnw=123&prev=/images?q=filling+out+a+form&um=1&hl=en) | I can fill in forms that are sent to me:-  YES NO |
| Junk Mail  [junk_mail](http://images.google.co.uk/imgres?imgurl=http://lavidaboca.files.wordpress.com/2007/10/junk_mail.jpg&imgrefurl=http://lavidaboca.wordpress.com/2007/10/&h=350&w=300&sz=19&hl=en&start=4&um=1&tbnid=3s2lwgJ2cboJwM:&tbnh=120&tbnw=103&prev=/images?q=junk+mail&um=1&hl=en) | I understand what junk mail is:-  YES NO |
| Post Letters  [bristol_letterbox01_fs](http://images.google.co.uk/imgres?imgurl=http://www.vandervelden.co.uk/p7ssm_img_1/fullsize/bristol_letterbox01_fs.jpg&imgrefurl=http://www.vandervelden.co.uk/&h=400&w=600&sz=86&hl=en&start=18&um=1&tbnid=vFVz37vD2BOtWM:&tbnh=90&tbnw=135&prev=/images?q=letter+box&um=1&hl=en) | I can send letters and post to people:-  YES NO |
| Post Box  Post Office  [Logo-Illustration-Post-Office](http://images.google.co.uk/imgres?imgurl=http://www.quickonthenet.com/2005/4166/pix/gallery/Logo-Illustration-Post-Office.jpg&imgrefurl=http://norfolkblogger.blogspot.com/2007/03/here-lies-rural-post-office-born.html?showComment=1174118460000&h=400&w=559&sz=137&hl=en&start=5&um=1&tbnid=ZjlueEgPkTTQeM:&tbnh=95&tbnw=133&prev=/images?q=post+office&um=1&hl=en) | I know where the post box and the post office are:-  YES NO |
| Help  help | I need help with………………………….   1. Reading 2. Writing 3. Sending mail and cards 4. Gaining access to internet   Other : |

**WHERE I LIVE NOW**

|  |  |
| --- | --- |
| Where I live now  [externalful](http://images.google.co.uk/imgres?imgurl=http://www.cuddly-bears.com/source/file/root/15/971/externalful.jpg&imgrefurl=http://www.cuddly-bears.com/cuddlybears/go?jsp=rent_list&sessionID=-1198825121398&h=363&w=499&sz=42&hl=en&start=5&um=1&tbnid=x3GQS6Xbhcx2LM:&tbnh=95&tbnw=130&prev=/images?q=semi+detached+house&um=1&hl=en) |  |
| What I like about where I live now | tick |
| What I don’t like about where I live now | Cross |
| What I would like to change about where I live now  Are there any adaptations needed at your home now  [shower%2520head](http://images.google.co.uk/imgres?imgurl=http://www.savingsontap.co.uk/images/shower%20head.gif&imgrefurl=http://www.savingsontap.co.uk/showers%20and%20baths.html&h=268&w=220&sz=24&hl=en&start=3&um=1&tbnid=Ftshrlj0FF963M:&tbnh=113&tbnw=93&prev=/images?q=SHOWER+HEAD&um=1&hl=en) | i.e.  Hoists  Non slip bath mats  Shower  Grab rails on bath  Hand rails around the home  Assistive Technology  [watergard%2520bath%2520mat](http://images.google.co.uk/imgres?imgurl=http://www.babyproofingplus.com/usrimage/watergard%20bath%20mat.jpg&imgrefurl=http://www.babyproofingplus.com/item40.htm&h=500&w=500&sz=25&hl=en&start=3&um=1&tbnid=g5TQmJMCoPph9M:&tbnh=130&tbnw=130&prev=/images?q=Bath+mat&um=1&hl=en) [Grab_Rail_](http://images.google.co.uk/imgres?imgurl=http://www.healeyandlord.com/media/product_images/Grab_Rail_.JPG&imgrefurl=http://www.healeyandlord.com/products/product/doc-m-pack-technical-drawings/&h=2952&w=1710&sz=2337&hl=en&start=4&um=1&tbnid=zbNzgEJQO87GrM:&tbnh=150&tbnw=87&prev=/images?q=grab+rails&um=1&hl=en) |

**WHERE I WOULD LIKE TO LIVE IN THE FUTURE**

|  |  |
| --- | --- |
| choices (home)  The type of place I would like to live in | [Picture_108](http://images.google.co.uk/imgres?imgurl=http://www.rooms4rent.com.au/uploaded/Picture_108.jpg&imgrefurl=http://www.rooms4rent.com.au/index.php?module=pagesetter&func=viewpub&tid=2&pid=4&h=600&w=800&sz=100&hl=en&start=16&um=1&tbnid=RBkddtorvWg_LM:&tbnh=107&tbnw=143&prev=/images?q=share+a+house&um=1&hl=en) Shared House  [matthew-model-flats](http://images.google.co.uk/imgres?imgurl=http://z.about.com/d/queens/1/0/z/5/matthew-model-flats.jpg&imgrefurl=http://queens.about.com/od/photogalleries/ig/Photos-of-Sunnyside.--0B/Matthew-Model-Flats.htm&h=337&w=400&sz=51&hl=en&start=6&um=1&tbnid=T-wUA2Zuhla61M:&tbnh=104&tbnw=124&prev=/images?q=flats&um=1&hl=en) Flat on my own  [FamilyFrontPage3](http://images.google.co.uk/imgres?imgurl=http://family.astrology.com/FamilyFrontPage3.gif&imgrefurl=http://family.astrology.com/&h=391&w=522&sz=64&hl=en&start=4&um=1&tbnid=qHozMoE01RjOZM:&tbnh=98&tbnw=131&prev=/images?q=family&um=1&hl=en) Family Placement |
| Any other comments (i.e. ground floor etc?) |  |
| Would you like to live with other people? | YES NO |
| Are there any adaptations you would need? |  |
| Would you like to say anything else about where you would like to live? |  |

**MY FUTURE HOPES AND DREAMS**

|  |  |
| --- | --- |
| Accommodation:  [Image result for MY HOUSE](https://www.mindomo.com/es/mindmap/my-house-d91eabf7e5a64149b2ff9cbf6c02e896) |  |
| Higher Education: College  [Telford-college](http://images.google.co.uk/imgres?imgurl=http://www.excellencegateway.org.uk/media/attachments/163053/Telford-college.jpg&imgrefurl=http://www.excellencegateway.org.uk/163054&usg=__kS5zlHgtnp44SBE-3FXJU4PRg4U=&h=252&w=300&sz=12&hl=en&start=11&tbnid=F5AErkhTI-N5jM:&tbnh=97&tbnw=116&prev=/images?q=Telford+College&gbv=2&hl=en&safe=active) | . |
| Employment or Training  [800px-Photographer](http://images.google.co.uk/imgres?imgurl=http://upload.wikimedia.org/wikipedia/commons/thumb/0/06/Photographer.jpg/800px-Photographer.jpg&imgrefurl=http://commons.wikimedia.org/wiki/File:Photographer.jpg&usg=__uGARkSgMvVwU_5zsYfxnIhpRfMM=&h=533&w=800&sz=47&hl=en&start=6&tbnid=KdP40L7I2-m1IM:&tbnh=95&tbnw=143&prev=/images?q=Photographer&gbv=2&hl=en&safe=active)[Image result for TRAINING](https://www.google.co.uk/imgres?imgurl=http://www.btrf-bangladesh.org/content/uploads/2016/03/training.jpg&imgrefurl=http://www.btrf-bangladesh.org/&docid=-CDr-5acOyy_aM&tbnid=QnbbwDRZfkHSrM:&vet=10ahUKEwj8vNKN_ovXAhWEfRoKHR9iC-YQMwh8KDAwMA..i&w=460&h=330&safe=active&bih=776&biw=1600&q=TRAINING&ved=0ahUKEwj8vNKN_ovXAhWEfRoKHR9iC-YQMwh8KDAwMA&iact=mrc&uact=8) |  |
| Day Time Activities  [bowling](http://images.google.co.uk/imgres?imgurl=http://www.levitpal.com/bowling.jpg&imgrefurl=http://www.levitpal.com/activiti.htm&usg=__J5zHZw7d_YANpQshcVKvkeg--Ag=&h=768&w=1024&sz=90&hl=en&start=4&tbnid=LAR0Q8Cs9D1t1M:&tbnh=113&tbnw=150&prev=/images?q=Bowling&gbv=2&hl=en&safe=active) |  |
| Other: |  |

**MY FUTURE HOPES AND DREAMS**

**HOW DO I MOVE FORWARD?**

[](https://www.google.co.uk/imgres?imgurl=https://static1.squarespace.com/static/585705b12994ca4821b04bf5/t/59a5fd5da9db09c270aad92f/1504050530827/FB%2BPhotos.jpg&imgrefurl=https://www.spanz.school.nz/pa-support/&docid=_xbgb8CESBGW7M&tbnid=5YGVzDo0bokl8M:&vet=10ahUKEwjp27Ky_IvXAhUFfRoKHWrpBeQQMwhYKCkwKQ..i&w=300&h=286&safe=active&bih=776&biw=1600&q=PA%20SUPPORT%20#&ved=0ahUKEwjp27Ky_IvXAhUFfRoKHWrpBeQQMwhYKCkwKQ&iact=mrc&uact=8)

**CURRENT SUPPORT NETWORK – WHO CAN HELP ME?**

|  |  |
| --- | --- |
| **Local Authority – Children’s Services** |  |
| **Local Authority – Transition / Adults Services** |  |
| **Independent Reviewing Officer** |  |
| **Education** |  |
| **Future Focus** |  |
| **Health** |  |
| **Occupational Therapy** |  |
| **Speech and Language** |  |
| **Physiotherapy** |  |
| **Advocacy** |  |
| **Short break provider** |  |
| **Paid support** |  |
| **Unpaid support** |  |
| **Other** |  |

**MY FUTURE HOPES AND DREAMS**

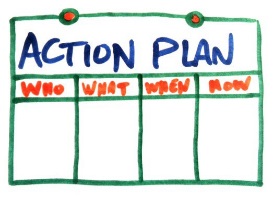
**HOW DO I MOVE FORWARD?**

**WHERE I AM NOW**

|  |  |
| --- | --- |
| **Accommodation**  [Image result for MY HOUSE](https://www.mindomo.com/es/mindmap/my-house-d91eabf7e5a64149b2ff9cbf6c02e896) |  |
| **Education**  [Telford-college](http://images.google.co.uk/imgres?imgurl=http://www.excellencegateway.org.uk/media/attachments/163053/Telford-college.jpg&imgrefurl=http://www.excellencegateway.org.uk/163054&usg=__kS5zlHgtnp44SBE-3FXJU4PRg4U=&h=252&w=300&sz=12&hl=en&start=11&tbnid=F5AErkhTI-N5jM:&tbnh=97&tbnw=116&prev=/images?q=Telford+College&gbv=2&hl=en&safe=active) |  |
| **Overnight short breaks**  [Related image](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjSn4nC_YvXAhUDZlAKHTQdBJQQjRwIBw&url=http://www.chestnut-tree-house.org.uk/healthcare-professionals/short-term-care-and-overnight-breaks/&psig=AOvVaw0gJKna4g4uaz4uXMGZCAm-&ust=1509027966599846) |  |
| **PA or Agency support**  [Image result for PA SUPPORT #](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjx4KGI_YvXAhVBKFAKHdKzDoEQjRwIBw&url=https://www.xbyxbromley.com/2017/01/free-pa-training-on-mental-capacity-employer-training-on-care-agencies/&psig=AOvVaw1p7bie0yjX_O6iVLzICJ62&ust=1509027703162565) |  |
| **Clubs or Groups**  [bowling](http://images.google.co.uk/imgres?imgurl=http://www.levitpal.com/bowling.jpg&imgrefurl=http://www.levitpal.com/activiti.htm&usg=__J5zHZw7d_YANpQshcVKvkeg--Ag=&h=768&w=1024&sz=90&hl=en&start=4&tbnid=LAR0Q8Cs9D1t1M:&tbnh=113&tbnw=150&prev=/images?q=Bowling&gbv=2&hl=en&safe=active) |  |
| **Training**  [Image result for TRAINING](https://www.google.co.uk/imgres?imgurl=http://www.btrf-bangladesh.org/content/uploads/2016/03/training.jpg&imgrefurl=http://www.btrf-bangladesh.org/&docid=-CDr-5acOyy_aM&tbnid=QnbbwDRZfkHSrM:&vet=10ahUKEwj8vNKN_ovXAhWEfRoKHR9iC-YQMwh8KDAwMA..i&w=460&h=330&safe=active&bih=776&biw=1600&q=TRAINING&ved=0ahUKEwj8vNKN_ovXAhWEfRoKHR9iC-YQMwh8KDAwMA&iact=mrc&uact=8) |  |
| **Work** |  |

**MY FUTURE HOPES AND DREAMS**

**HOW DO I MOVE FORWARD?**

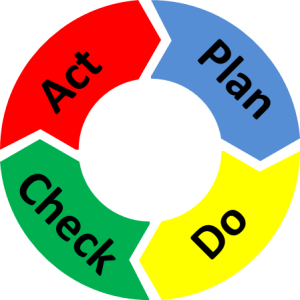
[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjVpKvWg4zXAhWHalAKHYSVAnsQjRwIBw&url=http://thismagpie.com/incident-action-plan&psig=AOvVaw3KtrEeshF-9w-wsf95YZ1K&ust=1509029620572569)

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| **What I want to do** | **What needs to happen?** | **By Who?** | **By When?** | **Review Date** |
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**REVIEWING MY ACTION PLAN**

**3 MONTHS**

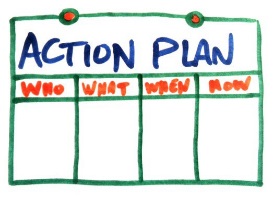
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| **What I wanted** | **What we did** | **What worked well** | **What was difficult** | **What do we do now?** |
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**ACTION PLAN 0-3 MONTHS**

**MY FUTURE HOPES AND DREAMS**

**HOW DO I MOVE FORWARD?**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjVpKvWg4zXAhWHalAKHYSVAnsQjRwIBw&url=http://thismagpie.com/incident-action-plan&psig=AOvVaw3KtrEeshF-9w-wsf95YZ1K&ust=1509029620572569)

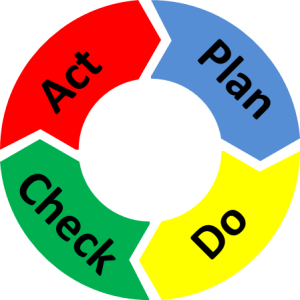
**ACTION PLAN – 3 -6 MONTHS**

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| **What I want to do** | **What needs to happen?** | **By Who?** | **By When?** | **Review Date** |
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**REVIEWING MY ACTION PLAN**

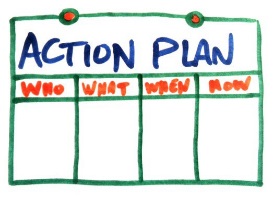
**6 MONTHS**

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| **What I wanted** | **What we did** | **What worked well** | **What was difficult** | **What do we do now?** |
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**MY FUTURE HOPES AND DREAMS**

**HOW DO I MOVE FORWARD?**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjVpKvWg4zXAhWHalAKHYSVAnsQjRwIBw&url=http://thismagpie.com/incident-action-plan&psig=AOvVaw3KtrEeshF-9w-wsf95YZ1K&ust=1509029620572569)

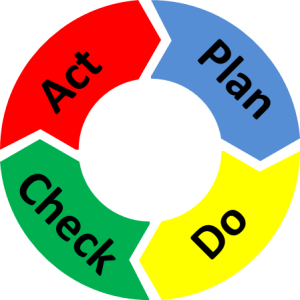
**ACTION PLAN – 6 -12 MONTHS**

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| **What I want to do** | **What needs to happen?** | **By Who?** | **By When?** | **Review Date** |
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**REVIEWING MY ACTION PLAN**

**12 MONTHS**

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| **What I wanted** | **What we did** | **What worked well** | **What was difficult** | **What do we do now?** |
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**OTHER THINGS THAT NEED TO BE CONSIDERED**

**FOR MY TRANSITION**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjgo6fA4I3XAhVRI1AKHb3rCVgQjRwIBw&url=https://www.thegrand.org.uk/other-things-we-do/&psig=AOvVaw0WCmoC2wWFo9fhXF1Rq-b4&ust=1509088925276917)

**THIS COULD BE THINGS LIKE FINANCES, FRIENDSHIPS AND RELATIONSHIPS, ACCOMMODATION……**

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| **What** | **How** | **Action** |
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**OTHER THINGS THAT NEED TO BE CONSIDERED**

**FOR MY TRANSITION**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjgo6fA4I3XAhVRI1AKHb3rCVgQjRwIBw&url=https://www.thegrand.org.uk/other-things-we-do/&psig=AOvVaw0WCmoC2wWFo9fhXF1Rq-b4&ust=1509088925276917)

**THIS COULD BE THINGS LIKE FINANCES, FRIENDSHIPS AND RELATIONSHIPS, ACCOMMODATION……**

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| **What** | **How** | **Action** |
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