

## Understanding You Tool

### You

The Local Authority must place you at the centre of everything it does. It must understand how you feel about your life, your needs and what you want for yourself in the future. It must give regard to these things when it decides how best to support you.

This tool can be a useful way to start thinking about what matters to you now and what you would like to happen in the future.

### How to use this tool

On the following page there are 10 thinking points for you to consider. When you have decided what you would like to say about yourself write some notes next to the relevant thinking point.

You only need to say what you want to say and what you feel it is important for your social care practitioner to know. If there is nothing that you want to say about a thinking point just leave it blank.

You can complete the tool by yourself or you can complete it with any person you wish. This could be a carer, a family member, a friend, an advocate or a social care practitioner.

### What happens next

Your social care practitioner will talk with you to understand;

- a) The impact of any needs that you have on the things that matter most to you;
- b) Whether any needs that you have may prevent you from achieving the outcomes you want in the future;
- c) How the important people in your life support you at the moment;
- d) If there are areas of concern or worry, what things you have tried or could try to make things better; and
- e) What things the Local Authority may be able to support you with.

**When do you feel happiest?**

**What is the most important thing that people should know about you?**

**Who are the most important people in your life?**

**What are you looking forward to?**

**What do you feel the next year holds for you?**

**What words would other people use to describe you?**

**What matters most to you now?**

**If you could change one thing about your life now what would it be?**

**Is there anything about you that would surprise people?**

**Is there anything else you would like to say about yourself?**