

Getting to know me!

A planning booklet for disabled young people.



This booklet is to help you think about becoming an adult, what you would like to do, and the help that you might need.



You don't have to fill in the booklet. You might want to use a computer, or create a scrap book, for example.



However you decide to do this your plan will be yours to keep, but we might ask if we can use it sometimes, to help us to support you.



When you've done this you might want to bring your plan to your review meetings, so that you can share it with the people who help you.

Who am I?



People who are important to me



Things I'm good at



My dreams/wishes for the future



What is important to me



My family's dreams for me



What makes me happy?



What do I do when happy/what do people need to know?

What support do I need?

What makes me sad?



What do I do when I am sad/what do people need to know?

What support do I need?

What makes me angry?



What do I do when I am angry/what do people need to know?

What support do I need?

What are people that are good at supporting me like?



What do they do?

Where I live



Am I happy with where I live?

Where do I want to live in the future?