

Planning for your Future

Preparing for your meeting

This booklet was developed to help you think about what matters to you, your history, and what you'd like for your future so you can work with your Baptcare person and develop a plan. This may or may not include a personal budget, depending on your support needs and situation.

When you meet with your Baptcare person they are going to ask you questions about who you are, what's happening in your life right now and help you to think about the supports needed to live the life you want. This may include increasing your independence, using technology, changes to your home, and connecting to your community.

You may have some goals in mind already but if you don't this booklet will help you to think about where you are now, where you want to be and what needs to be in place to help make that happen. If you don't already have goals going into planning, your Baptcare person will help you to develop them, based-on information you work through together.

You can ask a family member or friend to help you to fill in this booklet to bring along to your meeting along with any other plans or assessments you think may help them to gain a sense of who you are and the support you need.

Don't worry if you can't think of something to put in each section of this booklet – it's a guide to help you think about things.



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What matters to you?

This is all about you, your strengths and talents.

Your Baptcare person will have sent you their one-page profile. This shares what people appreciate about them, what matters to them, and what support they need in their life. We want to learn the same information about you – what your strengths are, what matters to you and what good support means to you.

Your strengths, gifts and talents (what people appreciate about you).

What are the things you are good at? What are your strengths, skills and talents?

What is important to you? What makes you happy or that you look forward to doing?
What helps your life make sense?



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What matters to you?

Your strengths, gifts and talents (what people appreciate about you).

Who do you like spending time with or look forward to seeing, and how do you like to spend time together?

Where are the places you like to go? (clubs, church, pool etc)

What helps you have a sense of purpose ? i.e. giving to others, making things, learning



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How do you spend your time right now?

What is your typical week?

Below is a calendar, let us know what you normally do each day (Morning, afternoon, evening).

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



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What do your days look like right now?

Activities you like to do (how do you spend your time)?

What makes up a typical day for you?

What makes your day better?

What usually makes your day worse?



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Your Support

What supports do you have in place to make your days happen?

Where do family or friends support you to get to, activities or work? Do you use paid supports including support workers, therapists and other professionals, and how do you use them?

What Technology or equipment do you use to help you communicate, get out and about or do things independently?



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Your Support

What supports do you have in place to make your days happen?

What's missing from your week or is harder to do for some reason (for example, at home, in your community, at work, places where you go often)?

What support do you need in order to be healthy and safe – unpaid or paid support, this might include family and friends?



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What's working/not working right now?

Think about what you want to stay the same or are happy with...

What's working and needs to stay the same?

Think about what you want to change or be different.

What's not working and needs to change or be different?



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Your history

Please share some significant events from your life

This will help us understand you better and plan your future with you



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Thinking about the future

What do you want to do or achieve in the future that you can't do now?

This could be about living more independently, making more decisions for yourself, traveling, getting a job, volunteering or finding a hobby, or having better relationships with others. It could also be about spending more time with people who matter to you or having some of the things that are important to you in your life that aren't there right now.

What strengths and skills do you have that might help you get what you want in the future?



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Thinking about the future

What do you want to do or achieve in the future that you can't do now?

Can you think of any technology or equipment that you use or would like to use that may help?
For example time keeping, reminders, Skype/Zoom, Google Home, Alexa, Smart Phones, Apps etc.

What support can you get from family, community or friends to do this?



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Thinking about the future

What do you want to do or achieve in the future that you can't do now?

What other support might help?

Do you have anything else that you want your Baptcare person to know or understand about you, your support needs and what you want your plan to help you achieve?



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