



Future Me...
What are my goals or the things I want to happen in my future?

Others who help Me...
Support and help

Asking for what helps Me...
Requesting help

This is Me...
My current understanding of myself, including my strengths and needs

Who do I trust to help me with my need?
What has somebody done that has been helpful or I have liked?
Who would I like more help from?

When will I review or check the planned?
Who or what could help me follow?
How will I review the actions I have planned to do?

What can I do if my rights are ignored or forgotten?
Who could I tell that my rights or entitlements are being ignored or forgotten?
What should be changed so my rights and entitlements are respected?

What could you say to tell the person what they are doing is not helpful?
Who could help you tell the person what you would like them to do instead?
If I think I am not getting the right support, what could I do? (Link card to Category 7 - Rights and entitlements for Me)