

Suggestions to help support you in Self - Understanding



We will support you finding out what works for you.



What you are happy with and what you are not happy with.



We will support you in finding out what your goals are.



Helping you if you are worried.



We will support you in finding out what people like and respect about you are.



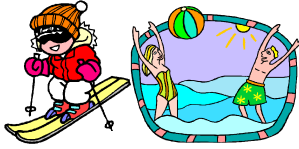
We will support you in finding out what your ideal week would be.



What is a good day and what is a bad day.



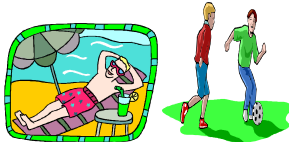
We will support you in finding out what you would like to do.



**We will support you in finding a holiday you
Like**



We will support you in having a social life.



**We will support you in spending your weekends
As you wish**

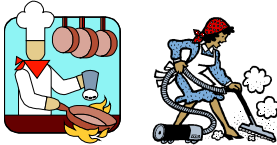


**We will support you in finding out what skills
and gifts you have.**

Suggested Support Needs.



Help in setting up and maintaining a home.



Support in developing domestic and practical Skills



Support in developing social skills/managing behaviour:



Advice, Advocacy and liaison with statutory agencies.



Give you help with your money, and dealing with Benefit claims.



Emotional Support, where to get help With any `Counselling and Advice.



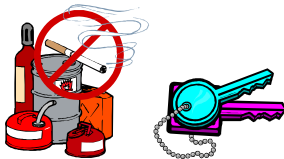
Support in gaining access to other services (e.g. training and education)



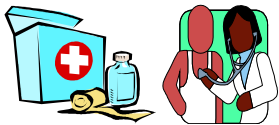
Support in establishing social contacts and activities.



Provisions of home improvements, repairs and handy - person services.



Support in establishing personal safety and security.



Supervision and monitoring of health and well being.



Peer support and befriending.



Support in finding other accommodation.