**Understanding what is important to**

**and for the person you Support.**

* Fill in this form with the person you support.
* It is important to get **their** ideas on what is important to and important for them rather than what others think is important to and for them.

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| **Important To Me**  What makes me happy?  What do I have control over?  What do I enjoy doing?  What is meaningful to me? | **Important For Me**  What do I need?  What keeps me well?  What keeps me safe?  What is helpful when supporting me? |
| *For example:*  *Seeing my family regularly*  *Going out for coffee at least once a week*  *Going to my job* | *For example:*  *Taking my medication each morning*  *Having support available when I need to go shopping*  *Give me time when I am making decisions* |