**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* |