

Important to me

What is the tool?

This is a simple way to think about and sort out what matters to you (those quality of life non-negotiables, or what makes you content and fulfilled) from what you need (including issues around your health, safety and well-being, being valued). You can then look at what it takes to create and maintain a balance between the two in your support plan.

How can it help me with my support plan?

This forms the backbone of any plan. It's about ensuring that your support plan is based on what really matters to you, and achieves what is important to you.



How can I use this?

By thinking about who and what is important to you, you can make sure that these people and things are reflected in your support plan. It's also important to consider those things that must NOT be present in your life, that may frustrate you or make you bored.

Information from other support planning tools, e.g. Good Day Bad Day, Relationships and Networks, History and Working and Not Working can also provide information about what's important to you.

Here are some questions that can be useful in thinking about who and what is important in your life:

- Who are the closest people to you in your life?
- Who do you have the most fun with, or not like spending time with? What are their characteristics? Who is important to you?
- What do you do in a typical week? What would be your best or worst week? What are the activities and interests that are important to you?
- Where have you spent your favourite holidays? What do you do to relax? If you have had a bad day, what do you do to feel better?
- What are your favourite possessions? Special photographs? Jewellery? Mementos? What possessions are important to you?
- What are your morning and evening routines? What would your best or worst morning and evening be like? What's important about your routines?
- What celebrations are important to you? Do you celebrate any particular days throughout the year? Your birthday or anniversaries? Christmas, or other religious festivals?
- What's your favourite and least favourite meal or drink? What particular types of food and drink are important to you?