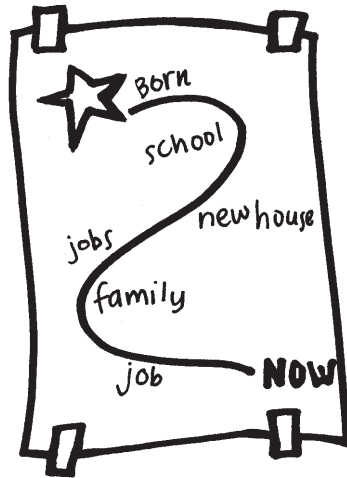


My history

What is the tool?

This is a simple way to think about and record your history – what you have done in the past.



How can it help me with my support plan?

Our past is an important part of who we are today.

Thinking about your past experiences can help to think about what is important to you, what you want for your future, and how you want to be supported. You may remember people from you past who you want to make contact with again, times in your life that you definitely do not want to repeat, and what you could do to avoid them, or experiences that you had that you want to do again.



How can I use this?

What worked and did not work for me in the past

You could simply think about your past, and consider what worked well for you, and what did not work for you. Then think about what this could mean for your life now and what you want to record on your support plan.

Here is one way to do this:

Key events
in my life

What worked for me
at that time

What did not work
for me at that time

Notes for my
support plan

Questions about my life

Another possibility is simply to think about and answer some questions about your past - a bit like celebrities do in newspapers or magazines. Here are some that could be useful:

- 1 Who has been the biggest influence on your life?
- 2 What was your proudest moment?
- 3 Where is your favourite place and why?
- 4 What was your best job?

5 What are your favourite passions, interests and hobbies? How have these changed over the years?

6 What did you enjoy doing for fun as a young person and adult? What has changed?

Drawing out the past

If you like to think visually, you could write or draw your past experiences on paper. There are posters that can help you to do this (www.helensandersonassociates.co.uk/Resources/Templates_for_person_centred_thinking_and_planning.htm).

You could then reflect on your words or pictures using these questions:

- 1 What are the top seven significant events that you consider have shaped you and your life?
- 2 What does this mean for your future?
- 3 What does this mean for your support plan?