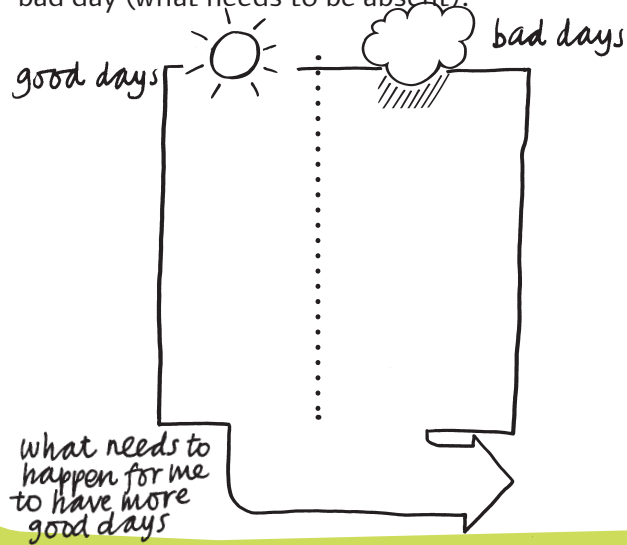


Good day/bad day

What is the tool?

This tool is a way of exploring what specifically makes a good day for you (what needs to be present in your daily life) and what makes a bad day (what needs to be absent).



How can it help me with my support plan?

This tool helps you identify triggers for stressful situations, as well as thinking about the rituals and routines that are important to you on a daily basis. Exploring what makes a good and bad day for you can be particularly powerful when developed alongside families and supporters - it helps to develop a shared understanding of what is important to you and what the best support is for you.

This information can be used in your support plan to identify what you want to change so that you have more good days than bad days.



How can I use this?

You can use this tool to discover what a good day or bad day is like for you and then think about what you need to change to have more good days and less bad days.

First, think about your very best day and what that would be like from when you wake up in the morning to when you go to sleep at night. You can think about this collection of good days you have experienced.

You could either list everything that would make a good day for you and then do a bad day, or think through each part of the day and what would be good, and then what a bad would version be like.

Think about when you get up in the morning - what would a good way to get up be? What would be the worst way?

The more detail you can include the more useful it will be to help recognise what's important for you to have in your support plan.

As you think about your good days and bad days, make sure that you cover:

- Where you are.
- Who you are with.
- What you do.
- Where you go.
- What you eat and drink.

Once you have your list of what would happen on your very best good day, and what would be your worst day, think about what this tells you about what you want to change in your life. To have more good days, what would you need to have or change in your life? To limit the bad days, what would you need to do?