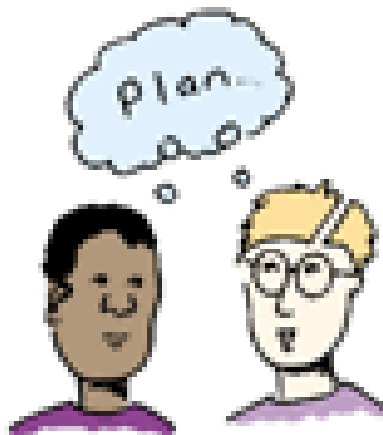


PREPARING TO PLAN



Here are some ideas of things that you might want to think about when preparing to plan. Whoever is helping you with your plan can go through these questions with you.

Paradigm

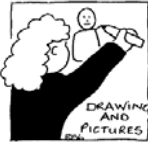
Who do you want involved in your plan?

Fill in the relationship map with people you know.

Then list the names of people you'd like to help you with your plan below.

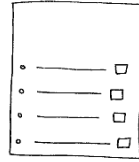
Work out how you will contact them.

😊 Names	☎ How will we contact them?



What do I want my plan to

be like?



? Does it need to have lots of detailed information?

? Do I want lots of people involved or just a few?

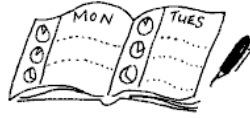
? Do I want to think about now or the future or both?

? Do I want it in words or pictures?

? How would I like it to look - a large roll, on paper, with photos, with magazine pictures, things stuck in, in a folder, in a box?

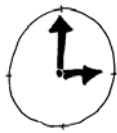
When are the best times to meet? (circle which ones)

The best days are;



- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

The best times are;

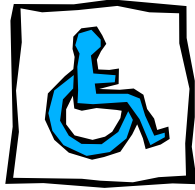


- Morning
- Afternoon
- Evening

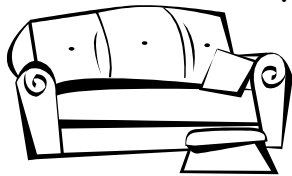
Where do you want to meet to
plan?

Do you need to think about access for yourself or

other people?



Where would you feel most relaxed and comfortable?



Your ground rules for planning together - what must and must not happen!

What needs to happen for you to feel comfortable &

enjoy doing your plan? 

How do you want to be in control and involved in you

planning? 