



## 'With me' vs 'For me'

Use this worksheet to outline the different supports you need over the course of a week. Consider which parts of your support are transactional (such as a list of tasks/chores), and which require a level of partnership and/or collaboration.

## STEP 1

Start with the support needs you have already outlined in your **'skills/strengths/needs profile'** that you created in Stage 1, Chapter 1: **Gathering your supporters**.

For each of these needs, consider: do you want someone to do this **with** you or **for** you?

### Remember:

- » **'With me'** applies to things you do because you enjoy them or because you want or need to grow your skill in that area.
- » **'For me'** applies to tasks you don't want to do at this time, are unable to do, or that you are prepared to pay for someone else to do.

## STEP 2

List each support need under the most relevant heading ('With me' or 'For me') in the table below. Use additional paper if necessary.

Consider whether there are any additional support needs that you didn't capture in your 'skills/strengths/needs profile' worksheet. If so, add them in to both the table below and your original worksheet now.

Personal Care (e.g. showering)	
With me	For me
Finance and Life Admin (e.g. bills, making appointments)	
With me	For me

table continues on next page...

Household Tasks (e.g. cleaning, chores, cooking, shopping)	
With me	For me
Out and About (e.g. travel, activities, work)	
With me	For me
Social (e.g. friendships, family, communication)	
With me	For me
Other (e.g. goals, skill building)	
With me	For me

### STEP 3

Consider which items it would make sense to group together when planning your supports.

For example, you may decide that your **'with me'** activities for the **'out and about'** and **'social'** categories naturally align with the same type of support person or schedule, whereas your **'for me'** activities for **'personal care'** and **'household tasks'** are things you would prefer to keep separate.

Map out what these groups look like for you in the table below.

**Group together the tasks that could be done by one person or service**

*(this will be useful when you want to build a roster in Stage 2, Chapter 2: **Getting ready for action**)*

Once you have completed this worksheet, keep it on hand. You will use it when you get to Stage 2, Chapter 10: **Getting ready for action**.

Sometimes working through these stages helps identify things you didn't think of before.

If completing this task helps you see something is missing from your previous worksheets, go back and update them now.