Pathways to Independence
Moving Out »»»

STAGE 2 — CHAPTER 5

Managing your health and wellbeing · Worksheet 1

Scan to view the
online material
for this chapter.

Build a plan for your personal supports (health and wellbeing)

Use this worksheet to map out the personal supports you currently use and what you expect you will need in your new living situation.

While personal support looks different for everyone, some common types include:

» Practical help – hands-on, support with managing your body and/or wellness

» Prompting, to ensure you stay on top of managing things yourself

» Someone to recognise when an aspect of your health or wellness has changed

» To be able to call on extra help when you get sick

To ensure you are covering all bases in this worksheet, it can be helpful to refer to the support needs you already outlined in:

» your **'skills/strengths/needs profile'** worksheet from Stage 1, Chapter 2: **Exploring your 'good life'**

» your **'With me' vs 'For me'** worksheet from Stage 2, Chapter 4: **Planning your supports**.

STEP 1

Considering your body, health and wellness;

» what support do you currently need?

» how do you get this support?

Outline these details in the corresponding columns of the table on page 2 of this worksheet **A** - **B**, taking into account how often they occur and allocating them to the relevant row. Use additional paper if necessary.

STEP 2

For each item, consider – is this something you want to replicate in your new living situation, or will you be trying something new? **C**

STEP 3

Based on your decision in step 2, write down what needs to be done to make this happen **D**
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	A What support do I need?	**B** How do I get this support currently? e.g. from a specific person/a service/technology	**C** Am I going to replicate this in my new living arrangements, or try something new?	**D** What do I need to do to make that happen?
Often e.g. daily/weekly				
Occasionally e.g. monthly/annually				
When the unexpected happens e.g. sickness/sudden change in circumstances				

If you have long-term goals for the personal supports you need, or the method with which you receive that support, note those down in the table below and keep them in mind for future planning.

Long-term goals for personal supports (optional):

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.