



Create your skills/strengths/needs profile

As you work through the upcoming chapters you will be asked to consider the specifics of your situation and apply suggested approaches to your planning. Use this worksheet to build your own customised profile that you can use to guide your thinking throughout this process

In this worksheet you will be asked to list your skills, strengths and support needs:

- » **Skills** – things you have learnt to do through education, training and practice; e.g. you might have worked on building your communication skills so that you can have more confidence speaking to different people.
- » **Strengths** – things that you are naturally good at or comfortable with. e.g. if you have always been confident talking to people, you might consider communication to be one of your strengths.

- » **Support Needs** – focus on your disability-related needs that other people might not be aware of. Consider things that happen every day as well as things that only happen at certain times of the year or unpredictably.

Note: It doesn't matter if you don't have all the answers at the start. It is common to identify things you didn't think of before as you work through the coming chapters. You will be prompted to come back to update this worksheet at several stages. We encourage you to consider this worksheet a 'living' document so it remains a true representation of who you are and where you are at on your journey.

STEP 1 For each of the sections in the table below, list your skills, strengths and support needs. Use additional paper if necessary.

Personal Care e.g. showering, dressing, cutting nails		
Skills	Strengths	Support Needs

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Household Tasks

e.g. laundry, chores, cooking, shopping

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>

Finance and Life Admin

e.g. bills, making appointments

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>

Out and About

e.g. transport, activities, work

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>

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Social

e.g. friendships, family, communication

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>

Adapting / Problem-solving

e.g. when things go wrong, or when the unexpected happens

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>

Other

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>