



# Define your values and priorities

When planning for a change in living situation, one of the first and most important tasks you can do is to communicate your values and priorities with your support team. By sharing the things that matter to you the most, alongside the vision of the life you are trying

to build, your core supporters will be better able to help you towards achieving your goals. Use this worksheet to create a broad picture of your values, priorities and your vision for your new home.

**STEP 1** Thinking about the way you feel (or want to feel) in your home, complete the sentences below.

**Note:** It may be relevant to write multiple answers in each box. Use additional paper if necessary.

<i>I feel safe when...</i>
<i>I feel unsafe when...</i>
<i>My identity/culture/religion is respected when...</i>
<i>My identity/culture/religion is disrespected when...</i>
<i>I feel independent when...</i>
<i>I don't feel independent when...</i>

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*I feel connected with others when...*

*I feel isolated from others when...*

*I feel fulfilled when...*

*I feel unfulfilled when...*

*I feel motivated when...*

*I feel unmotivated when...*

*I feel supported with my disability when...*

*I don't feel supported with my disability when...*

*I feel supported with my goals when...*

*I don't feel supported with my goals when...*

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Use the space below to share any other factors that impact your sense of wellbeing which your support team should be aware of:

I feel...	When...
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STEP 2

Consider the things you have experienced in your home (current or past) that have made you feel good or bad about your living situation. List what you have liked or disliked in the table below. Use additional paper if necessary.

For example:

when considering routines around the house, you may have liked having a set schedule and clear expectations but not liked when people pestered you to get your jobs done,

or,

when considering people and relationships, you may have learnt that seeing your mum and getting to talk to her in person makes you feel safe and connected, but that you don't get the same feeling of connection when you talk to her on the phone.

	Liked	Disliked
People e.g. the people you live with, the people who work in or visit your home		

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<b>Relationships</b> e.g. the ways that you connect and/or spend time with people		
<b>Routines</b> e.g. chores, morning/evening routines		
<b>Culture, values and personality traits</b> e.g. how you express yourself, values you want reflected in your home		
		table continues on next page...

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<b>Physical space</b> e.g. light, sound, accessibility or green spaces		
<b>Disability supports</b> e.g. specific staff members, rosters or approaches		
<b>Other</b> Any other things that impact your feeling of 'home'		

### STEP 3

Reflecting on your answers in Steps 1 and 2 above, use the table on the following page to create a vision for your new home .

### STEP 4

Share this worksheet with your support team so that they will be better able to help you towards achieving your goals.

A Vision For My New Home:

A	<p><i>People:</i></p>
	<p><i>Relationships:</i></p>
	<p><i>Routines:</i></p>
	<p><i>Culture, values and personality traits:</i></p>
	<p><i>Physical space:</i></p>
	<p><i>Disability supports:</i></p>
	<p><i>Other:</i></p>