

LIFE GOALS EXAMPLES

- To have a good life where I feel connected, included, valued, safe and happy.
- To live a healthy life both physically and mentally.
- To continue to live at home with my family as long as possible.
- To transition to independent living in my own home/shared accommodation
- To continue to be supported and build my independence across all aspects of my life in all environments.
- To ensure I have life choices
- To ensure I am supported with daily living
- To be supported to communicate and engage with family & friends with the help of communication aids
- To be supported to continue to participate in the community doing activities and attending events I will enjoy with family and friends.
- To be given the opportunity to increase my interests & hobbies by exploring new experiences that I enjoy.
- To continue to build and maintain a network of family, friends and supports for life long.
- To be supported to keep active in the community and continue volunteer work and jobs that I enjoy and make me feel valued.
- To build my skills and independence to enable me to move out of my family home and live my best life
- To support me to find and keep a job

BARRIERS TO ACHIEVE GOALS

- Managing
- Money
- Safety
- Anxiety
- Communication

