

# Me and My Life

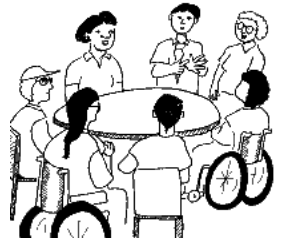


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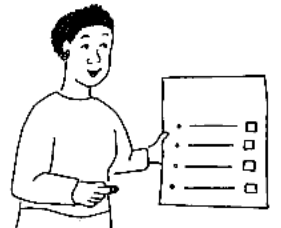
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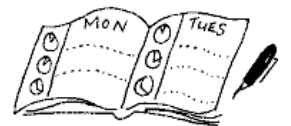
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# Me and My Life

**The aims of 'Me and My Life' are:**



To make sure that people in your life listen to you.



To give people who care about and support you a way of working well together to help you to live the life you choose.

# How 'Me and My Life' works

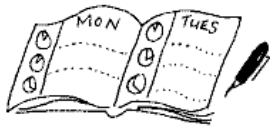


LISTENING  
TO YOU

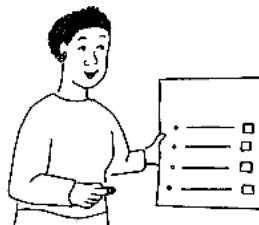


TALKING TO  
PEOPLE IN  
YOUR LIFE  
AND MAKING  
PLANS

CHECKING  
HOW  
THINGS ARE  
GOING!



DOING WHAT  
IT SAYS IN  
YOUR PLAN



## Step 1 – Listening to you



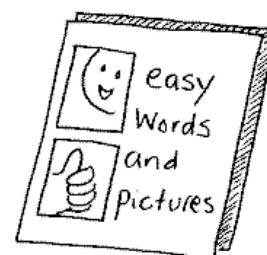
- This is a chance for you to talk about what is important in your life.



- A person who you know and trust will help you to talk about what is important to you.



- The pictures on the following pages will give you a chance to talk about different parts of your life.



- Making **your own** poster can be a good way to talk about what's important to you and tell other people about your life.



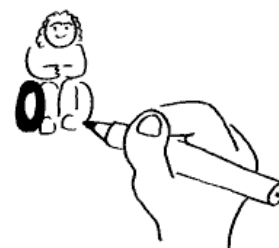
- If you want to, you can talk about the poster that came with pictures on it already.



- Have a look at the pictures and decide if you want to make your own poster or use the one that already has pictures on it.



- You can draw, write or stick photos or other things about your life on the poster.



- You can also talk about important things and write things down in this folder – you could have a page to talk about each picture or decide for yourself what you want the pages to be about.





**People who are  
Important to Me**

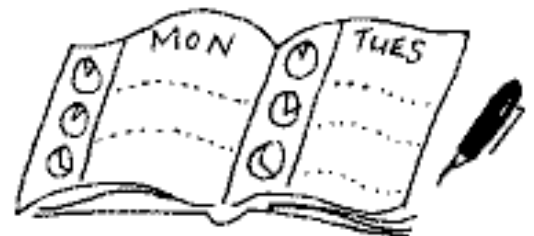


**Friends and Fun**

**Ideas, Changes and Plans**



**Things I don't like**

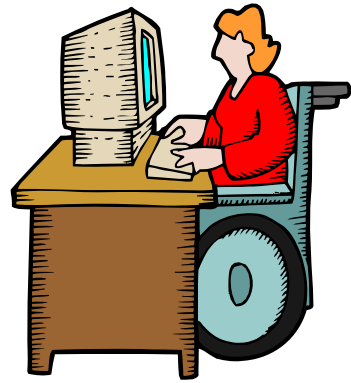


**My time**





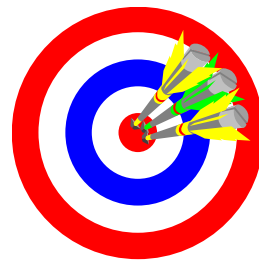
**My Past**



**Work**



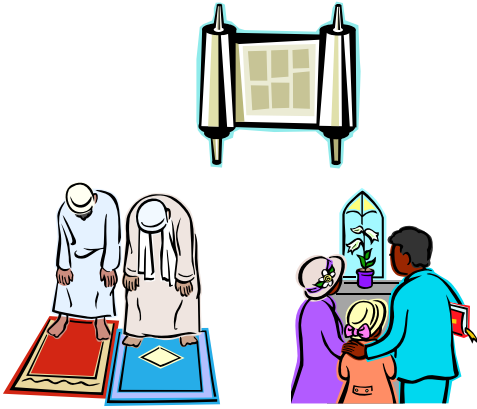
**My Communication**



**My Interests**



**Help and Support I need**



## My Beliefs and Culture



## Learning



## Important Places

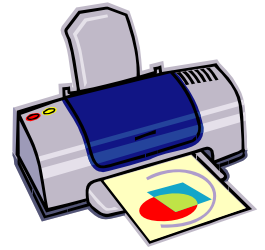


## **Things I enjoy**



## **Health**

- You can print more pictures off the CD ROM if you need to.



- When you have decided what will be on your poster - talk about your life, what is important to you and what you would like to change.



- If you need help, the person helping you will write down what you say or tell them.



- You will be able to use your poster to tell other people what is important to you.



## Step 2 – Talking to people in your life and making plans



- In Step 1 you talked about what was important to you.
- Step 2 is about getting important people in your life involved in thinking about what you are happy with and what you want to change.
- First you might want to talk to people one at a time...

OR

...you can have a meeting straight away to share what is important to you and then make plans!



- If you decide to meet important people one at a time you can use the following pages to write down what happens when you meet.



- Meeting up with people one at a time gives you a chance to share what is important to you. Perhaps you will show the person your poster or other things that are important to you.

- These small meetings also give you a chance to find out what other people think is important to you.



- Together you can talk about what you are happy with and any changes you would like to make.



Use this page to write down what you talk about if you meet people one at a time...

Date:

Who I met...

Stick in picture of person or  
write their name

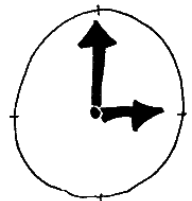
How you told the person about what is important to you....

If you need them, here are some questions to get you talking...

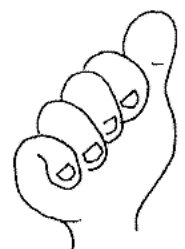
- How long have we known each other?



- How much time do we spend together?



- What are the things that you like and admire about me?



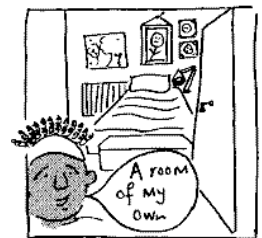


- Think about a good time that we have had together...where did we go and what did we do?

- How do you tell how I am feeling?



- What do you think is important to me?



- What ideas do you have for things we could do together?

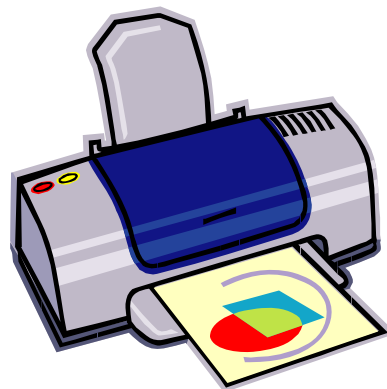


- How have things changed for me over the years?

- Is there anything else you want to say?



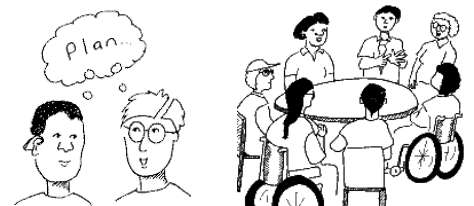
Photocopy or print these pages from the CD-ROM  
for each person you meet.



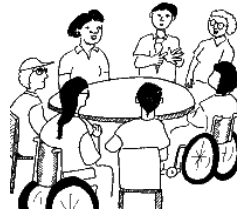
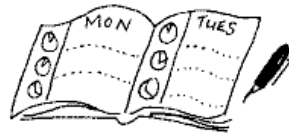
# Getting important people in your life together



- You have written down what is important to you and you may have talked to people who are important in your life.
- To make plans for now and the future that you are happy with it often helps to get everyone together for a meeting.
- The meeting will probably be good if you and everyone else feels relaxed and comfortable.
- This is your meeting so decide how you want it to be.
- You can plan your meeting using the next two pages.



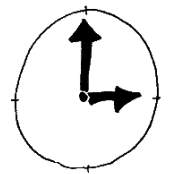
# Planning your meeting



Who would you like to invite to the meeting?



When would you like the meeting to be?



Where would you like the meeting to be?



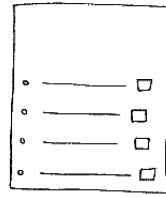
What would you like to do to make sure that you and everyone feels relaxed?



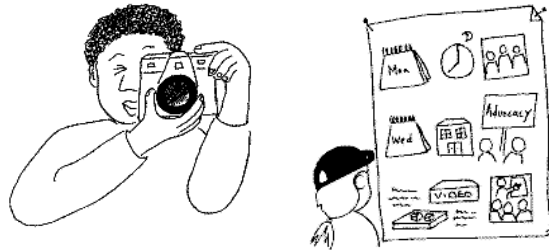
When you have decided who you want to come, when you want the meeting to be and where it will be you need to send out some invitations to the people you want to be there.



On the invitations you can explain what the meeting is for and why you want people to come.

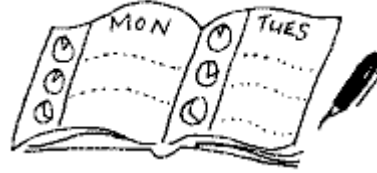


## What do you want to talk about at the meeting?



## Things I want to tell people about...

(You could show people your poster or other things that are important to you)



**Things I want to keep doing....**  
**(Write down things that you do now that you don't want to change)**





## **Things I want to change...or new things I want to try...**

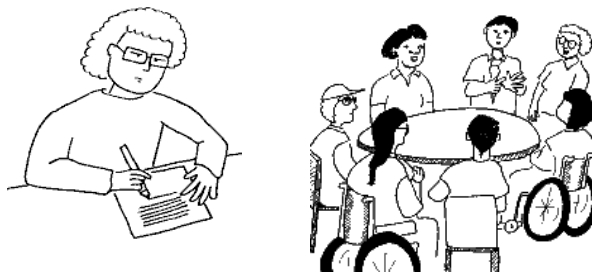
(Write down any small or big things you want to do in the future)



Things I need help and support with...  
(Write down what you would like people to help you with)

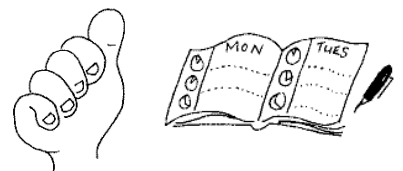
# Writing down what you agree at the meeting...

Use these pages to write down what you talk about and what you agree at the meeting.



There are pages about these things:-

- Things that you want to stay the same



- New things you want to do



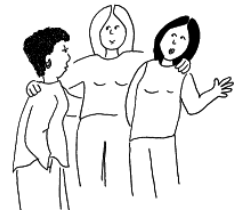
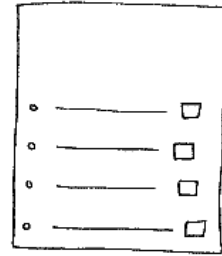
- Important things to keep you healthy and safe



- Things you talk about but are not sure about or can't agree on

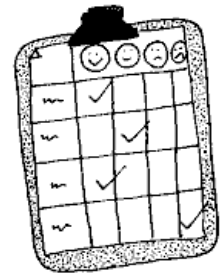


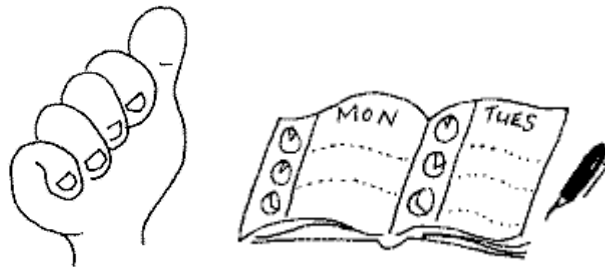
- Your plans and who is helping you



- Supporting you to keep safe

- Facts about your meeting





Things that are very important to me  
that will not change:-

Things that will stay the same...	Support I will need



New things I want to do and things I want to change:-

Things that I want to change:-	Support I will need



Things which are important for me to stay healthy and safe:-

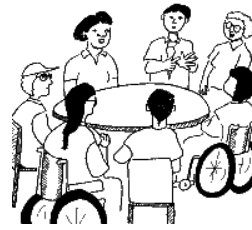
Things that I need to be healthy and safe:-	Support I will need



Things we talk about but are not sure about or can't agree on:-

What we are stuck on:-	What we will do:-





Write down on these pages what your plans are and who is helping you.

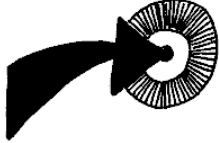

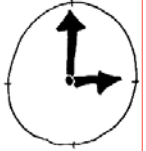
Plans from my Meeting Date:

People at meeting:

<p>What I will do and help I will need</p>	<p>Who will help</p>	<p>When will people help</p>



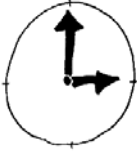
Plans from my Meeting Date:

People at meeting:

		
What I will do and help I will need	Who will help	When will people help

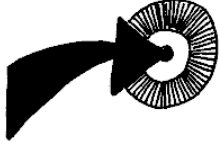

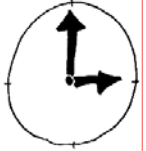
Plans from my Meeting Date:

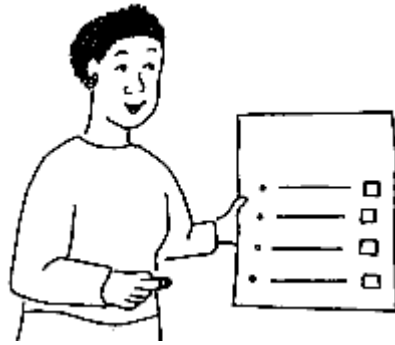
People at meeting:

		
What I will do and help I will need	Who will help	When will people help

Plans from my Meeting Date:

People at meeting:

		
What I will do and help I will need	Who will help	When will people help



**Use these pages to write down facts about your meeting:-**

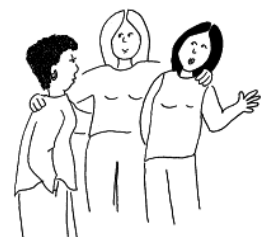
Date of the meeting:-



Where you met:-



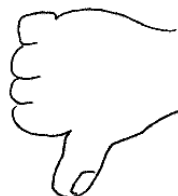
Who came to the meeting?



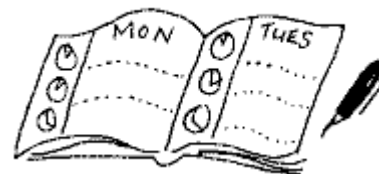
Who couldn't come?



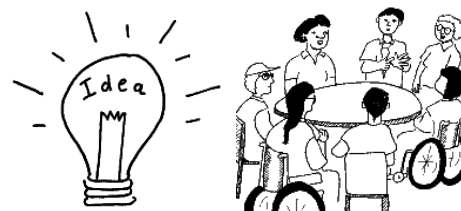
How you felt about the meeting:-



When you want to meet everyone again:-



Your ideas for making the next meeting better:-



You can use this page to make sure that all the important people in your life know about your plans, even if they couldn't come to your meeting.

Are there important people in your life who couldn't come to your meeting?

Yes



No



Who are they?...

Do they need to know what plans you have made at your meeting?

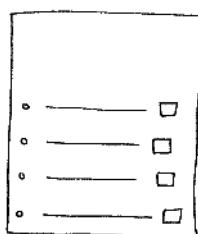
Yes



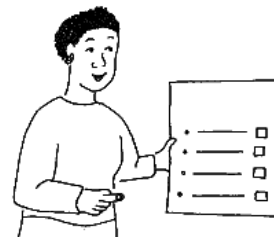
No



If there are people who need to know about your plans, you need to send them copies of the plans from the meeting.



## Step 3 – Doing what is says in your plan



So, you have talked about what is important to you in step 1 and you have made plans with other people in step 2.

## Step 3 is about **Doing What it says in your plan!**

Its frustrating if you make lots of plans and then nothing happens.



On the following pages you can get support to write down how things go with the plans you have made.



# OR

You could go out and buy a diary and write down your plans and how they go in there.







How things go with your plans....use this page to keep a record of what happens when you do things from your plan.

Date	What I did	How it went	What next?

## Other ideas you have or things you want to do.



This page is about trying things you didn't talk about at your meeting. If there is something you want to do you should get the support to go out and do it without having to wait for another meeting.

Write down below what ideas you have:-

Ideas	What happened about the idea?

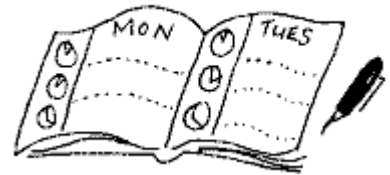
Ideas	What happened about the idea?

Sometimes other people in your life may notice something you do or say which gives them an idea for something they think you might want to do.



Write down below what ideas other people have:-

Whose idea	The idea	What happened about the idea?



## Step 4 – Checking How Things Are Going

You have made your plans and you should be getting the support you need to make things happen that you are happy with.

Step 4 is about checking that you are happy with how things are going.

Step 4 gives you a chance to think about these things:-

- Have people done what they said they would to support you?
- Are you doing the things you planned to do?



- Have you tried any new things and how did they go?



- Are there any things you are finding difficult and struggling with?



- What do you want to happen next?

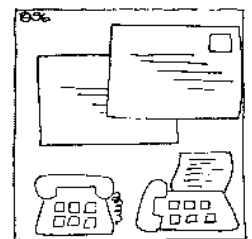


## Following Up What People Say at the Meeting.



Sometimes people who come to your meeting will say they will help you with something.

If you feel worried because you haven't heard from them for a while or you think its taking too long you can write to them or phone them, to find out what is happening.



Date:-

Who you wrote to or phoned up:-

What you asked them about:-

What they said:-

Anything else you need to do.....



Thinking about how things have been going...



This page gives you a chance to write down how things are going with your plans. The person who helped you write the plan should meet with you at least once a month to talk about how you are.



Date:-

What's going well	What's not going well
Things to think about	Things to change

Date:-

What's going well	What's not going well
Things to think about	Things to change

**You can use this page to talk about things you are unhappy about or things that you are finding difficult.**

Sometimes just talking about things helps or you might have some ideas for what you want to do or change.....



Date:-

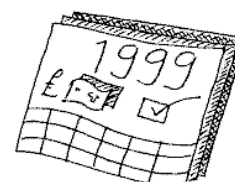
Things you are unhappy about or are finding difficult:-



Anything you want to do differently or change:-

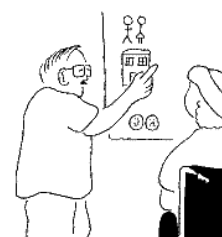
## That's all four steps!!

You need to decide with the person who helps you to make plans how often you want to talk about all the things that are important to you.



You might want to:-

- Make a new poster



- Add to the first poster you did

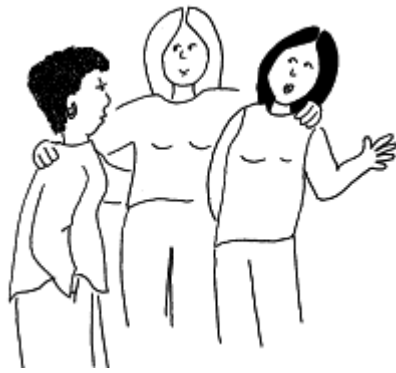


- Meet up with important people in your life to tell them how things have been going

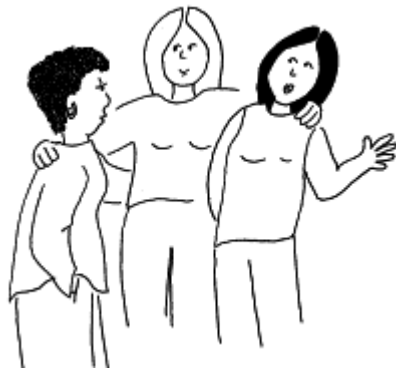


- Think about how you can tell people more about what is important to you in your next review meeting.





**Planning what you want and how you want to live doesn't stop – people who support you and love you should always be thinking about how life is for you and your plans for the future.**



This pack is based around ideas which were developed by Brighton and Hove Speak Out, an advocacy project for people with learning disabilities.

Project co-ordinators at Speak Out developed a way of listening to what is important to people with learning disabilities which is called **Building a Picture.**

This work has been significant in influencing the development of Me and My Life.

The development of the pack was funded by the Learning Disability Development Fund which is used to implement the Valuing People White Paper at a local level.