



Listen To Me Work Book

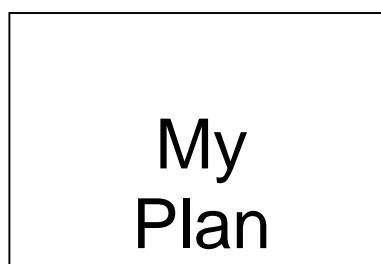


Your Picture

This is a workbook for you, to help you think about how you want your life to be. You can write about things you like. You can write or about things you don't like. Your workbook is a way to tell people about what is important to you. It helps you to tell people about the things in your life that you want to stay the same. It also helps you to tell people about the things in your life that you want to change. You can put the information in whatever way you want. Some people write, some draw, some stick photos or pictures. Add more paper if you need it.

At the end, you can put the information together to let people know what is important in your life and what help you want. This is the start of what is called an essential lifestyle plan.

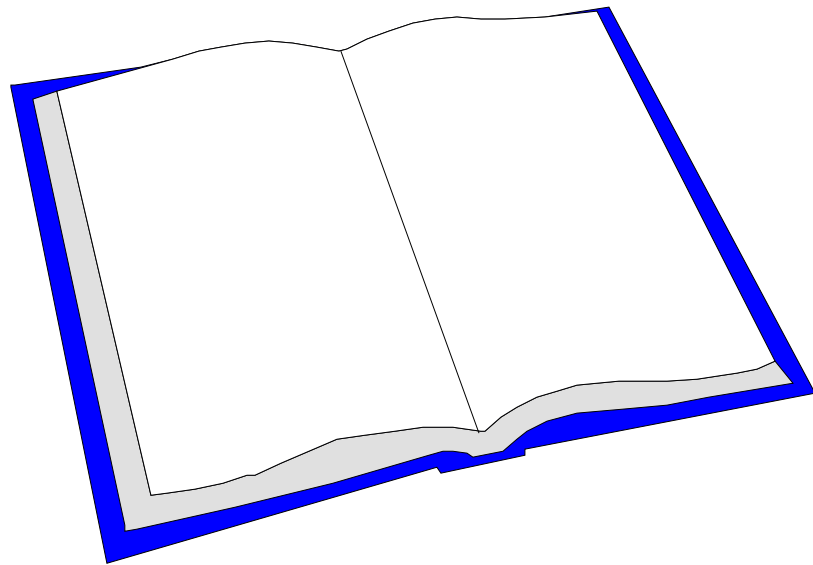
You can share your book with people you trust to help you. Together you can make sure you get what is important to you.



The questions outlined in the workbook are primarily derived from 'Listen to Me', (Michael Smull and Bill Allen) and 'Thoughts about my life' (by Karen Manning, Robin Reale and Michael Smull).

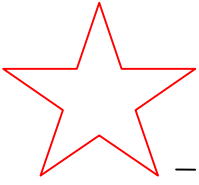
This book is private. It belongs to:

Please don't read it unless you have my permission.



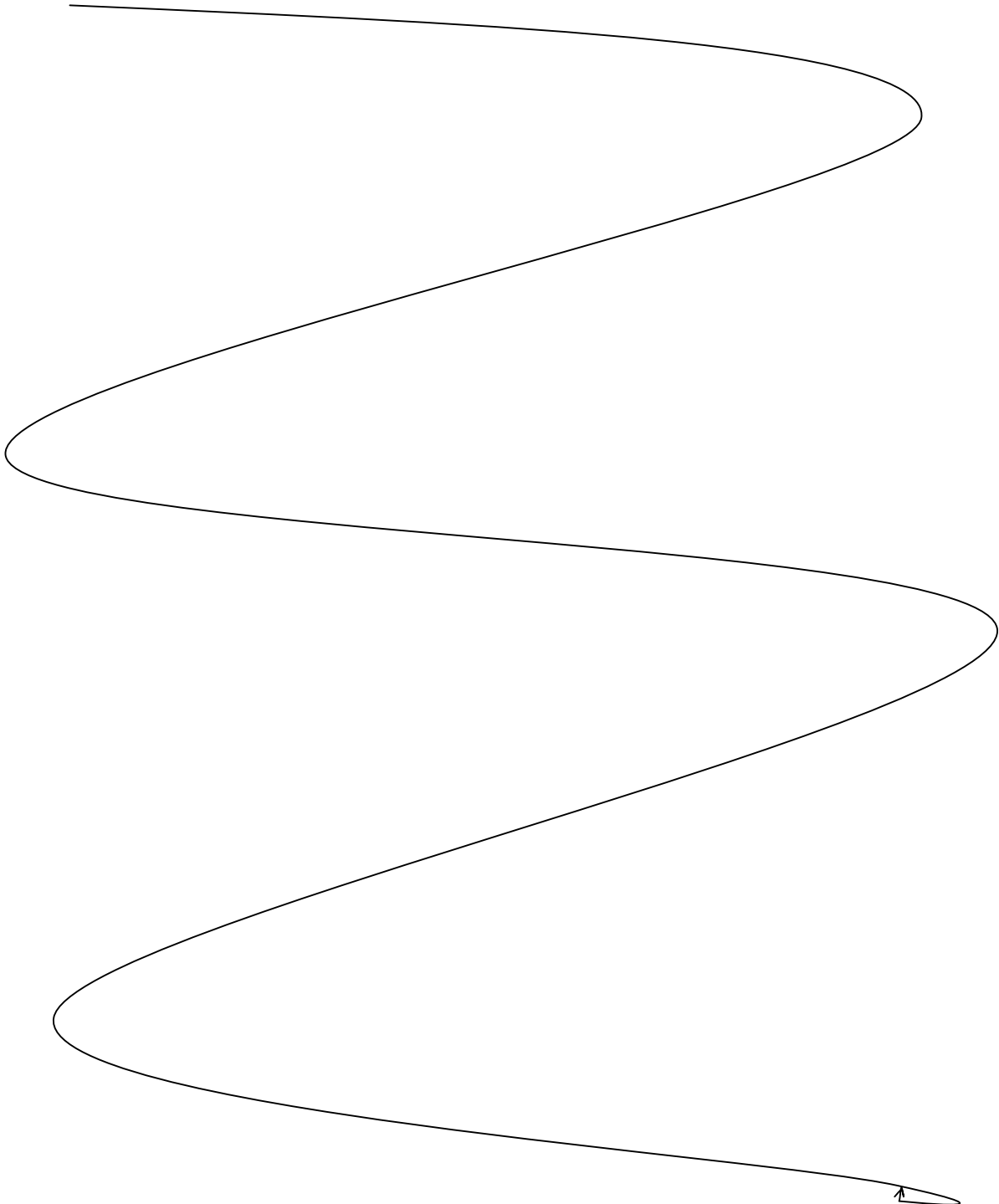
MY WORKBOOK

----- **LIFE STORY**



I was born on

—



NOW

1) WHO ARE THE PEOPLE IN MY LIFE?

Who are the people closest to me?



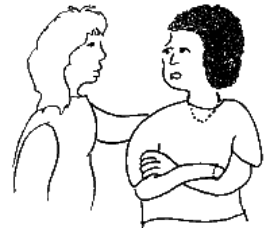
People in my family?

People at the day centre, work or school?

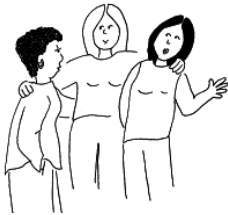


Neighbours and friends?

Who do I spend the most time with?

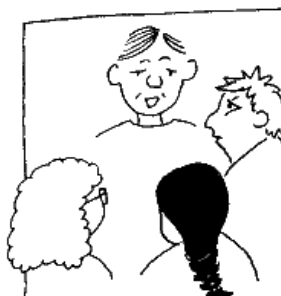


Who are the people who know me the best?

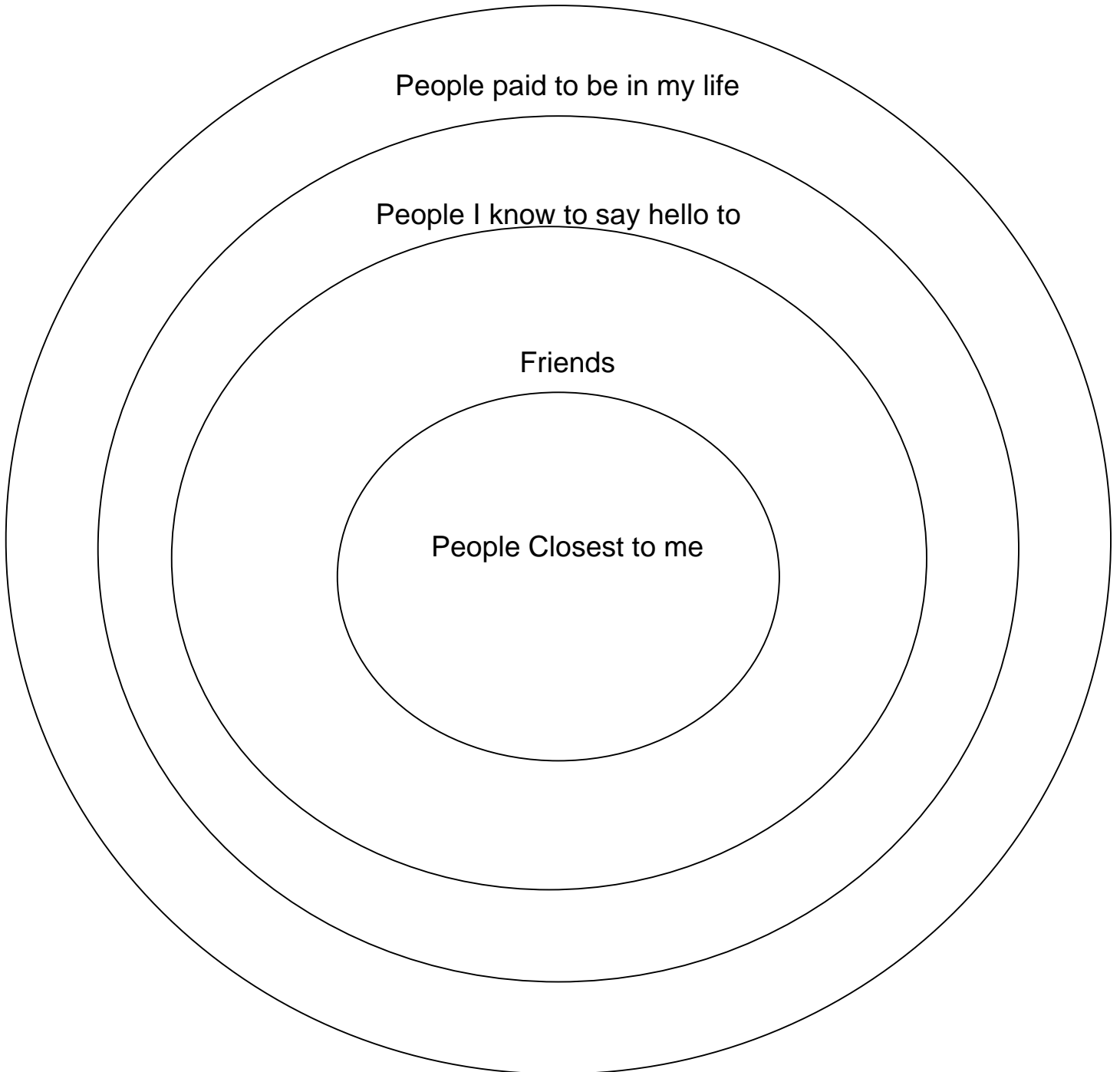


Who are the people who are most important to me?

Think about who they are then write their names in the circles. Some people write the names of people who are closest to them in the middle.



Who Is Part Of My Life?



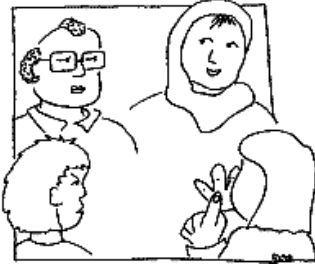
2) WHAT DO OTHERS LIKE ABOUT ME?



What are some great things about me?



What do I like about myself?

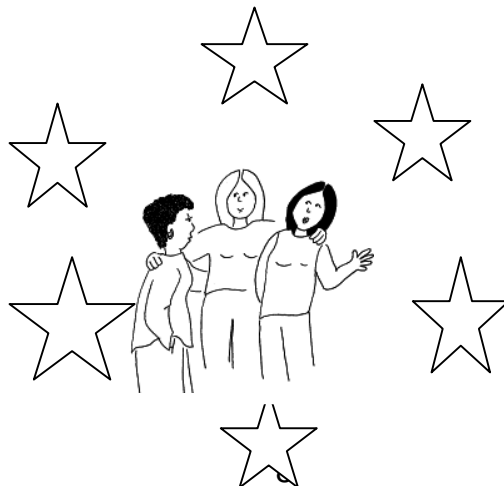


What are some nice things that people say about me?

What do people thank me for?



If you find this hard to answer, ask a friend or someone from your family what they like and admire about you.





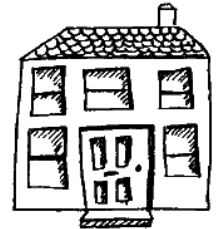
What Others Like And Admire About Me

3) **WHAT THINGS DO I LIKE TO DO?**

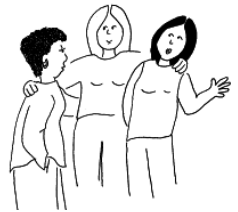
What do I like to do?



At home?



At work?



At the day centre?



What do I do just for fun?

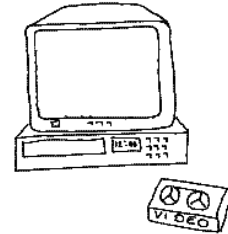
On holiday?





What Kind of music do I like?

What kind of films do I like?

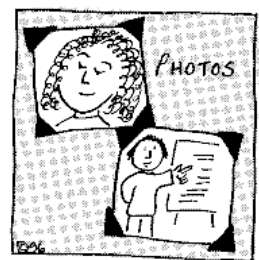


What kind of food do I like?

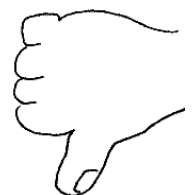


Do I have any hobbies?

Do I collect anything?

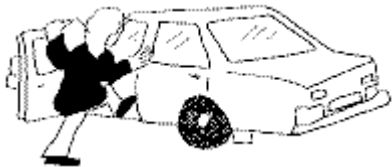


What are the things that I don't like to do?



MY FAVOURAITE THINGS TO DO

At Home



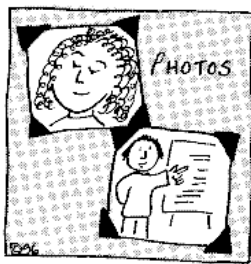
Out and About

Things I don't like to do



4) **THINGS TO KEEP THAT ARE IMPORTANT TO ME**

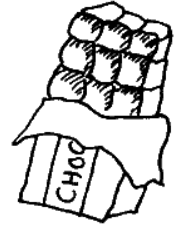
What are the possessions that I have that are important to me?



For example, photographs? watches? Or jewellery?)

5) ***FOOD THAT I LIKE***

What are my favourite foods?



What do I like to drink?



Are there foods that I do not like?



6) **MY MORNINGS**

What are mornings like at the moment?

What do I do when I first get up?

What do I have for breakfast?

What time do I leave the house?

What makes me happy in the mornings?

Who do I like to be around?

What would my favourite breakfast be?

If I could do anything in the morning, what would I do?



What sometimes makes me sad or angry in the morning?



Who makes me upset or angry in the morning?

What do they do or say?



What would the worst breakfast be for me?



What kinds of things annoy me when I first get up?

MY MORNINGS NOW

When I get up



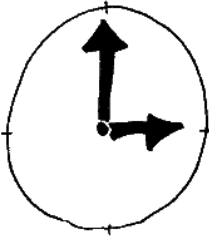
And then.

Breakfast





And then.



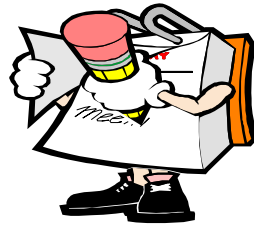
Time to leave



What makes me happy in the morning?

What makes me sad or angry in the morning?





7) DURING THE DAY

In the week, what do I usually do during the day?



Where do I go?



Who am I with?



What kind of activities do I do?

What are the things that make me happy during the day?



Who do I like being with during the day?



What kinds of things do I like doing?



Where do I like to be?



What are the things that make me sad or angry during the day?



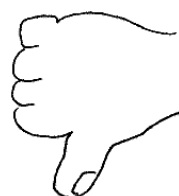
Who makes me upset or angry?

What do they do or say?



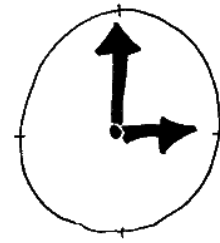
What kind of things do I hate doing?

Where do I dislike going?



My day now

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>



8) ***IN THE EVENINGS***

In the week, what do I usually do in the evenings?

Who am I with?



What kind of activities do I do?

What are the things that make me happy in the evenings?



Who do I like being with in the evenings?

What kinds of things do I like doing?

Where do I like to be?





What are the things that make me sad or angry during the evenings?

Who do I dislike being with in the evening?



What kind of things do I hate doing?

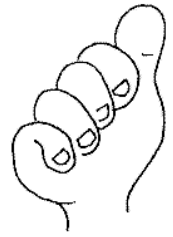


Where do I dislike going?

MY EVENINGS NOW

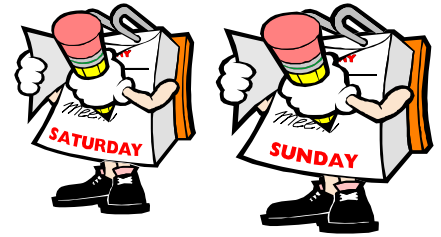
<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>

What makes me happy in the evenings?



What makes me sad or angry in the evenings?





9) AT THE WEEKENDS

What are my Saturdays and Sundays like at the moment?

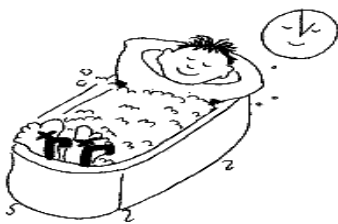
When do I get up?



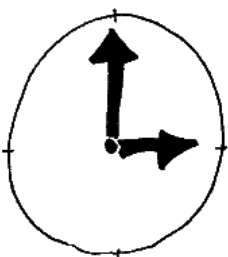
Who do I spend my day with?



What do I do?

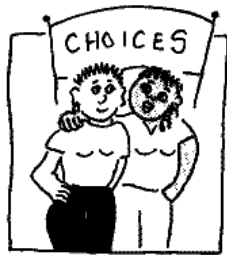
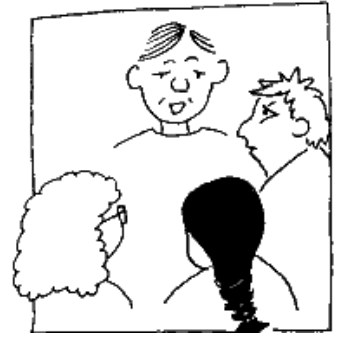


What is my favourite way to spend a weekend?



When would I get up?

Who do I spend the day with?



What would I do?



What would I eat?



What would I do in the evening?



What would be the worst way to spend a weekend?



SATURDAYS AND SUNDAYS NOW

	SATURDAY	SUNDAY
MORNINGS		
AFTERNOONS		
EVENINGS		

My favourite weekend would be.



My worst weekend would be.



10) WHAT HELPS?

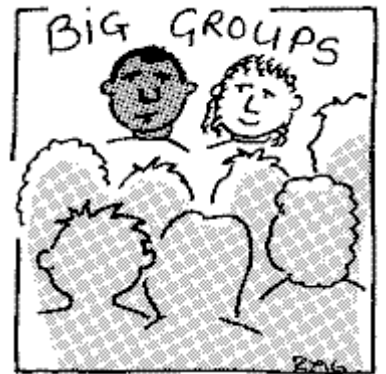


What helps me feel better when I have a bad day?



What makes me feel happy?

11) WHAT MAKES ME SAD OR ANGRY?

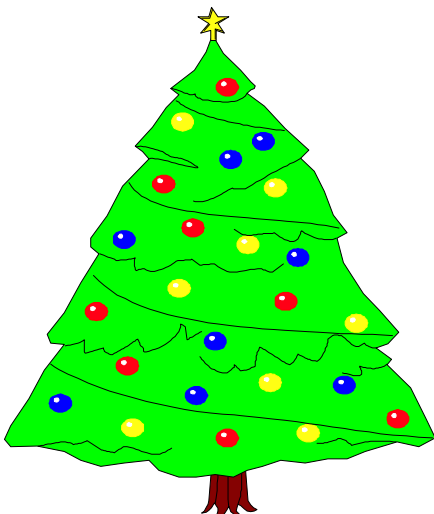


12) HOW DO I CELEBRATE?

What is my favourite way to spend my birthday?

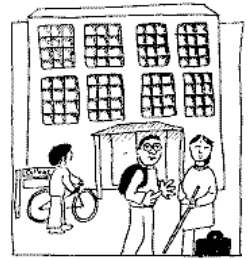


What do I like to do for Christmas or other special time?



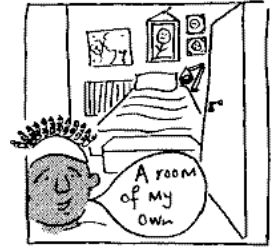
13) HOW DO I LOOK AFTER MYSELF?

What do I do to stay healthy and well?



14) WHAT CHANGES WOULD I LIKE TO MAKE IN MY LIFE?

If I could change something in my life, what would I change?



What would I stop happening?



What would I like to start doing?



Where would I like to go?



15) MY HOPES AND DREAMS FOR THE FUTURE



What are my hopes and dreams?



Where would I live?
With whom?



What would I do during the day?



What would I do for fun?



PUTTING THIS ALTOGETHER

WHAT IS IMPORTANT IN MY LIFE?



Look back at things that you wrote on these pages

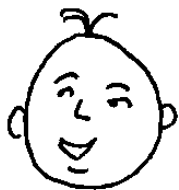
About who is in your life.

What others like about you.

Things you like to do.

You're important things to keep.

Food that you like and dislike.



What helps you feel better.

What makes you happy?

What makes you sad or angry?

How would you like to celebrate?

Your hopes and dreams for the future



You're best and worst mornings, days, evenings and weekends

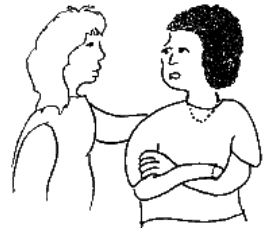
What is most important for us to remember?



What things do you want to make sure are in your life everyday



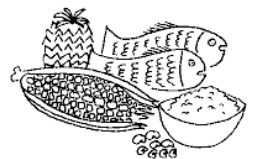
Like a cup of tea or your favourite friend?



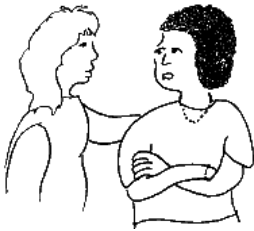
What things do you want to make sure are not in your life everyday



Like a certain kind of music or some food that You can't stand?



WHAT IS IMPORTANT IN MY LIFE?





PUTTING THIS ALTOGETHER

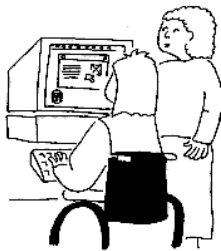
WHAT SUPPORT DO I WANT?

Look back at the things that you wrote on these pages and

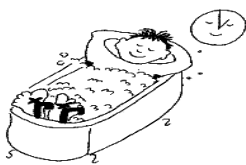
Write down what help you want with those things that are
Most important



In the morning



During the day



In the evening

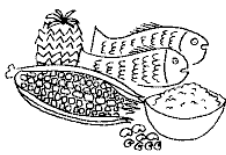
At the weekends





Are there other things that other people need to know about you to help you?

For example, are there certain medicines you take? Are there certain things we need to know or do to help you stay safe?



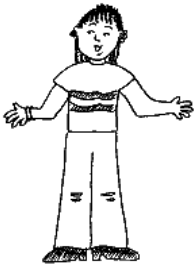
Are there things we need to know about the food you eat?



What kind of people do you like to help you?



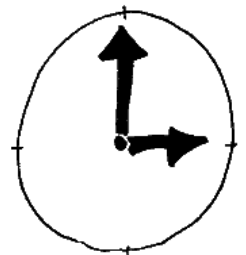
WHAT SUPPORT DO I WANT?



Think about the people that you have spent time with? The people you get along with?



What characteristic qualities do they have that little thing that you both like or share?
(humour, time keeping, interested)



NOTES:

<i>WHAT IS HAPPENING</i>	<i>DOES</i>	<i>WE THINK IT MEANS</i>	<i>AND WE SHOULD</i>

LEARNING LOG

DATE	ACTIVITY: (what, where, when, how long, etc)	WHO WAS THERE: (staff, others etc)	WHAT WORKED WELL ABOUT THE ACTIVITY? WHAT SHOULD CONTINUE? WHAT DID YOU LEARN?	WHAT DIDN'T WORK? WHAT MUST BE DIFFERENT? WHAT DID YOU LEARN