

# My Life My Choice

**AGE** Shropshire  
*Concern* Telford & Wrekin



My name

My address

If you wish you can add your picture or something that means something to you on this page.

This is a picture of your life, the things and choices that are important to you. When filling it in think about the things others may need to know and do to successfully support you.

Only fill in **sections 5 and 6** if you have decided to take control of a personal budget.

There are prompts to help you think about your life in each of the following sections:

Section 1 • What is Important to you – those things that make life worth living.

Section 2 • Is there anything you would want to change or achieve?

Section 3 • What support do you need to be healthy safe and well, how do you want that support to be provided?

Section 4 • How will you stay in control and who will help you to get your view across?

**Section 5 • How are you going to spend your money?  
What will you spend it on?**

**Section 6 • How are you going to manage your money.**

Section 7 • What are you going to do to make this plan happen – Action Plan.

If you can read this booklet but know someone who can't, please contact us on 0345 678 9000 so we can provide this information in a more suitable format.

## Section One

What is Important to you – those things that make life worth living.

Here are some important points for you to consider

### History

What are the important events from my life story so far?

### People

Who are the people that were important to me in the past?

Who are the important people in my life now?

### Hobbies and Interests

Hobbies and interests that have been important to me, hobbies and interests I enjoy now.

### Religion and Culture

Beliefs that are important to me and others need to know (religion, culture, spirituality).

### Achievements

My life's achievements, What I am proud of.

### Now and My Future

The things that make me content and make life good.

The things that must happen in my life.

What needs to happen to make me feel I matter.

My life now and my hopes for the future.



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A series of horizontal lines for writing, starting with a thick grey line at the top and followed by many thinner grey lines.

## Section Two

What are you happy with in your life and what are you unhappy with

Think about What's Working and Not Working for you?

### Choices

If you could choose, what are the things you would like to do in the future?

What are the things you really like to do – perhaps things you have done in the past that you miss?

Any new things you would want to try?

What would improve your daily life?

Where and how would you like to be supported?



*What's working?*



*What's not working?*

*the person*

*family*

*staff*

*What needs to happen next to build on what's working  
and change what's not working?*







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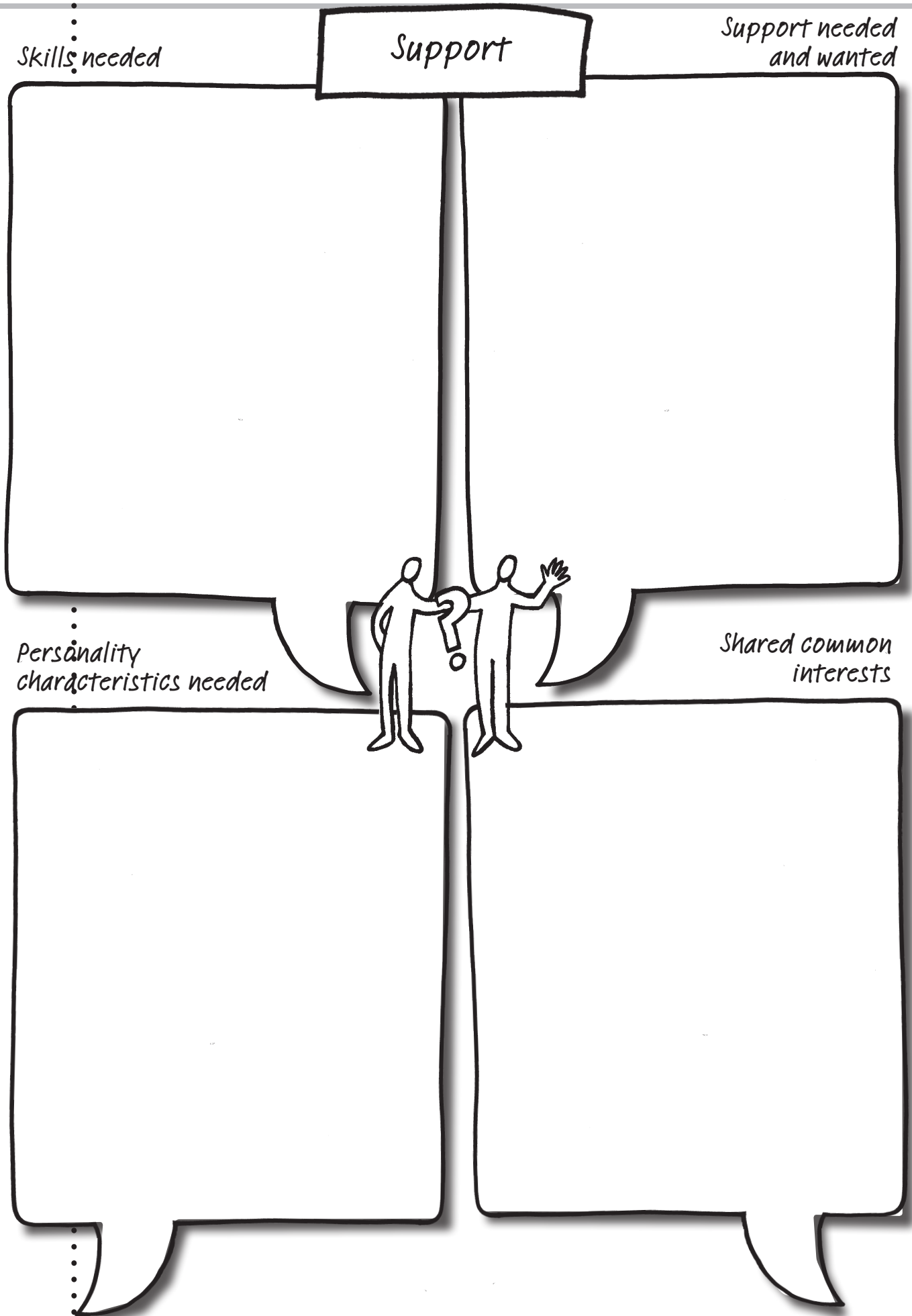
## Section Three

What help do you need to be healthy, safe and well,  
how do you want that support to be provided?

Do you need support to be safe and well? How do you want that  
support to be provided?

Support wanted or needed could include for example – personal  
care, eating and drinking, medication.

How do you keep safe and well at the moment?





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## Section Four

How will you stay in control and who will help you do this?

When making decisions in your life

Which do you make on your own?

Which do you need help with?

Who are the people who help you make decisions?

How are you involved in those decisions?

Do you want information or support with making a lasting power of attorney or an advance directive?

Decision Making Agreement

Important decisions in my life

How I must be involved  
and who else can help with this decision?

Who makes the  
final decision?





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Horizontal lines for writing.

**Section Five**

(Only think about this section if you have been offered a personal budget)

How are you going to use your money? What will you spend it on?

You will be provided with information about the ways you can take your money and who you can ask for more information and advice. You can then write this information in here or ask someone else to help you.



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Section Six

(Only think about this section if you have been offered a personal budget)

How are you going to manage your money and your support/help

Do you need any help in managing your money or your support?  
How do you want us to help you if there is a crisis? Do you want to have a contingency plan?



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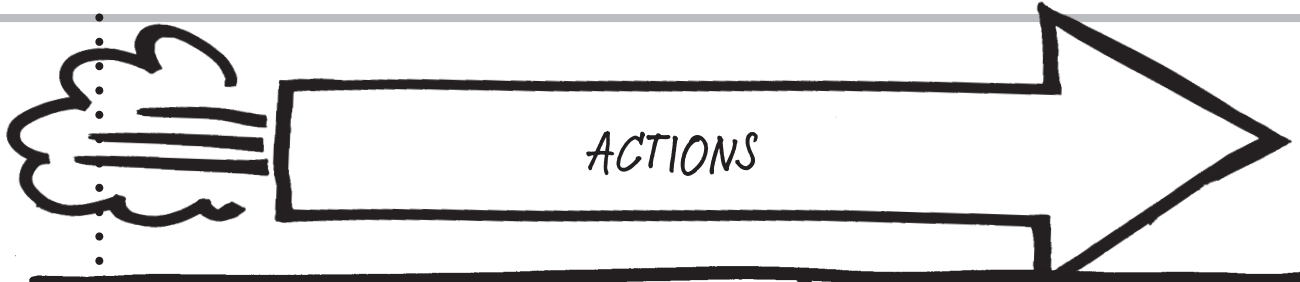
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## Action Plan

What needs to happen to make my plan work?

The action plan needs to say who will do what and by when to make sure the things you have set out in this book happen.



<i>Who?</i>	<i>What?</i>	<i>By when?</i>	<i>Progress</i>



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Lined writing area with horizontal lines for text entry.



Lined writing area with horizontal lines for text entry.