

My support preferences

Explain what helps, what matters and how you want to be involved.

Use the sections that help. Write, draw or complete this with someone you choose.

01 What I would like you to know about me

Interests, strengths and things that matter to you.

02 How I like to communicate

Words, writing, pictures, a device, an interpreter or another approach.

03 What helps me make choices

How you want options explained, time to think and who you want involved.

Share only what you choose. This does not replace an agreed support, health or emergency plan.

My support preferences

Explain what helps, what matters and how you want to be involved.

Use the sections that help. Write, draw or complete this with someone you choose.

04 What good support looks like for me

What you want to do yourself and where you would like help.

05 Things to ask me before doing

Your boundaries, privacy, routines and preferences.

06 Who I choose to share this with, and when to review it

You can update your preferences. Check the copy still reflects what you want.

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