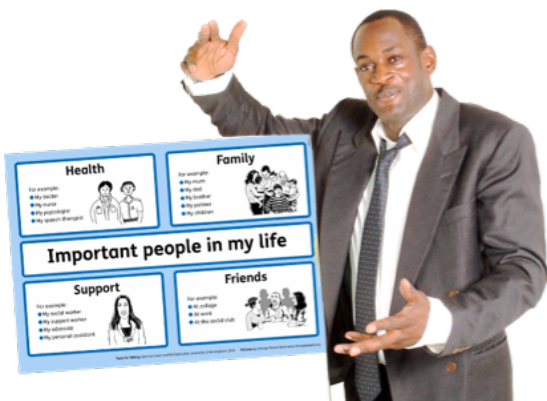


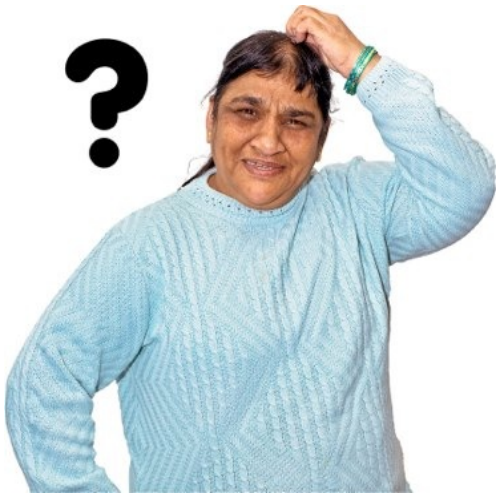
Important People in my life



This activity is to help you to think about the people in your life and your relationships with them. You can use it to help you talk to your support worker. It will help them to understand more about the people who are important to you.



Watch the video called 'Important people in my life and my relationships with them' with your support worker



What do you think?

- Have you got any questions about the video?
- Are there people in your life like this?
- What did you think was important in the video?

Write on the worksheet



- Write down the names of the important people in your life under the 4 headings:
- Health
- Family
- Support
- Friends



- Use the stickers to show what you think about each person.



Think about:

- Which people you would like to see more often?
- How would you like to spend more time with them?

This activity was developed by Gemma Unwin, Michael Larkin, Biza Stenfert Kroese and John Rose from the University of Birmingham in 2014 to reflect themes from the 'Access to Social Care – Learning Disabilities Project (ASC-LD)'.

Please visit our website: www.ToolsForTalking.co.uk

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