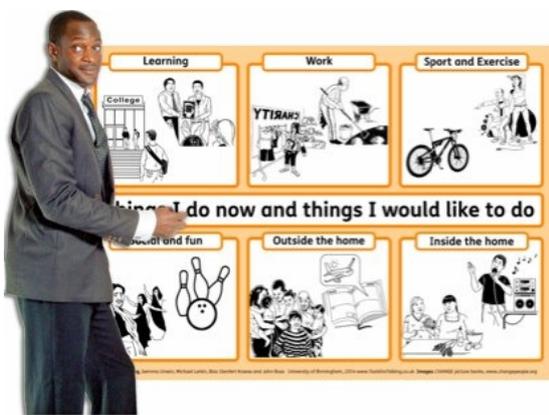


Things I do now and things I would like to do



This activity is to help you to think about what you do now and what you would like to do. You can use it to help you talk to your support worker. It will help them to understand more about the things you like to do.



Watch the video called 'Things I do now and things I would like to do' with your support worker.



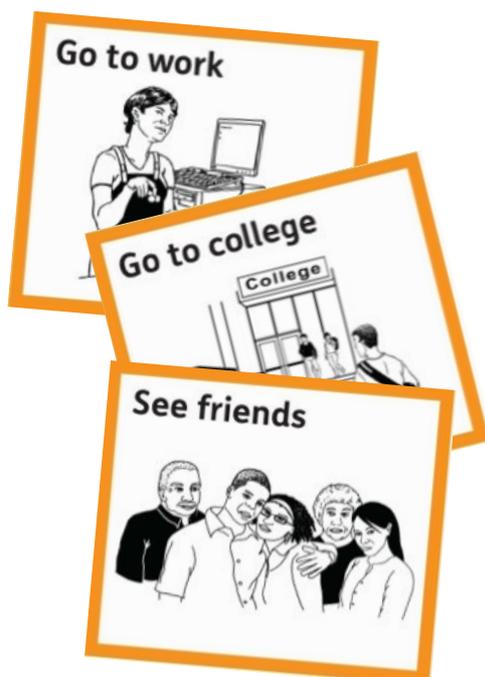
What do you think?

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



Now think about what you do now.

Have a look at the poster and the cards.



Do you do any of these things?

Pick out the cards which show what you do now.



Put them on the poster in each category.

Have you got any other ideas?



Now look at the cards you have left.



Pick out cards which show things you would like to do.

Talk to your support worker about



- How will you get to be able to do these things?

- What is stopping you?

- What would you have to do first?

- What help might you need?



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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