

Building a Picture of My Life



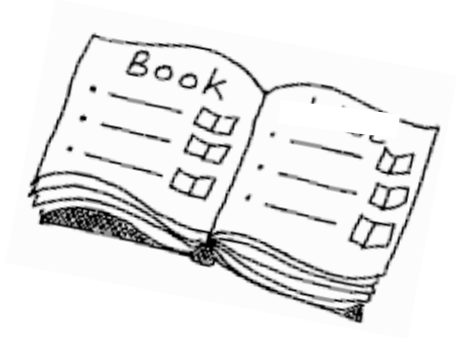
Stick your photo here



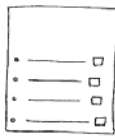
This book belongs to



What's in this book?



What is this book about	Page 2
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About Me	Page 5
My Communication	Page 7
Important People in My Life	Page 11
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What is this book about?

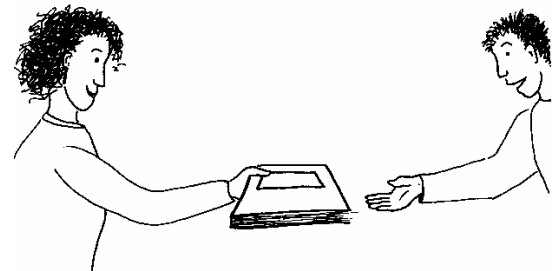
This book is to help you tell people what is important in your life, and what you want to do. You might need your advocate or someone else to help you with this.



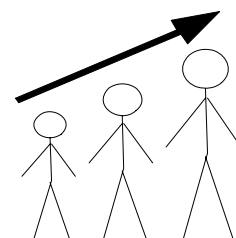
This is your book. Keep it somewhere where it is easy to find. Use this book to tell people about you and what you want to do.



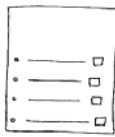
The book is about you and should only be shared with other people if you say it is O.K. You may decide that parts of the book will stay private and share only some pages with different people.



It is important to remember that this is an ongoing record of your life. Make sure the book is kept up to date, and is changed as you change.

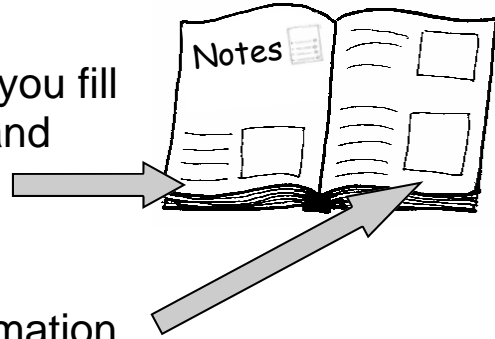


Notes



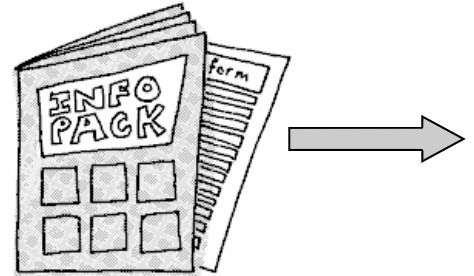
Using this book

The book has notes and ideas to help you fill in the book. These notes are for you and your advocate or supporter to use.

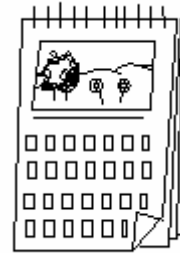


The book has spaces for filling in information

Use this book in a loose-leaf format in a ring binder, then you can add or remove pages as you need to.



Put a date on information in the book, so you can see when things change.

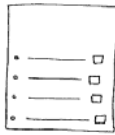


Using photos, symbols and real objects with this book

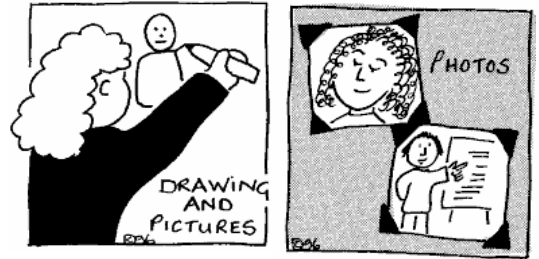
If you need help to understand what is in this book it is really important to get someone to help you. Look at and talk about the symbols together.



Notes



You can add your own photos, symbols and drawings when you fill in this book, e.g. pictures of people and places that are important to you.

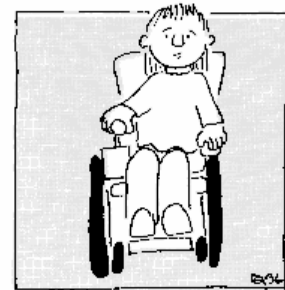


You might find it helpful to use real objects when talking about things in this book, e.g. things that you use to do the activity you are talking about.



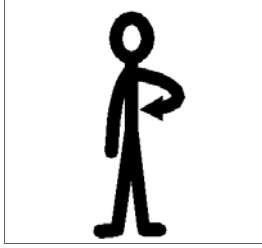
Filling this book in

If you have higher level support needs you might need a supporter or advocate to put your ideas in this book for you.



You and your supporter or advocate may need to get ideas from other people who know you well to fill this book in.





About Me



Name



Age Birthday



My address

.....



Telephone number.....



Emergency
Contact

Name

Phone number



Religion

.....



Ethnic origin

.....



Languages you speak and/ or understand

.....



Your advocate or supporter

Name



Their address

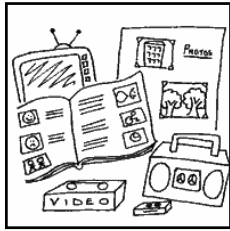
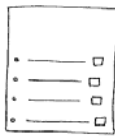
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Their phone number

Their photo





My Communication

It is really important that everyone knows the best ways to help you to communicate. Respecting how someone communicates is really important for a person's respect and dignity.

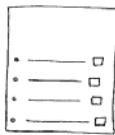


When communication is in a way that a person can understand and use, it means that they will be able to express their own needs, feeling and choices.



Sometimes a person may not understand what you are telling them, but won't say so. Try checking they have understood by asking questions.





Some ways of communicating are:



Pointing to symbols or pictures



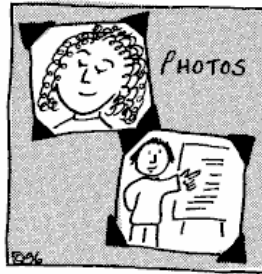
Writing



Signs and gestures



Drawing



Photos or pictures



Real objects

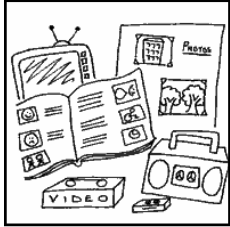


Talking



Body language and facial expression

A Speech and Language Therapist can help with all these things.



Helping Me Communicate



What do I understand?

I understand most of what you say

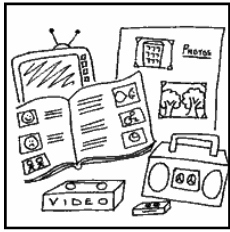
I understand short phrases

I understand some words

I don't seem to understand any words
but I understand facial expressions

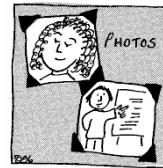
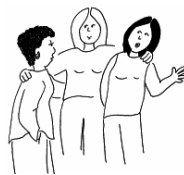
If I don't understand you, I will let you know by...



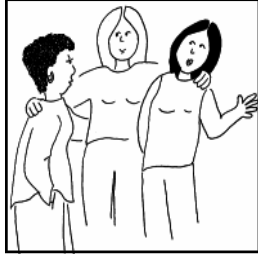
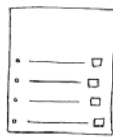


Helping Me Communicate

I can communicate with you by using...



These are the special, individual things I do or need to communicate effectively...



Important People in My Life

Who are the important people in your life?

These people might be your family or the people who assist you at home.



They might be people you see at work or college or at your day centre.



They might be your neighbours



They might be friends who you like to spend time with.





Important People in My Life



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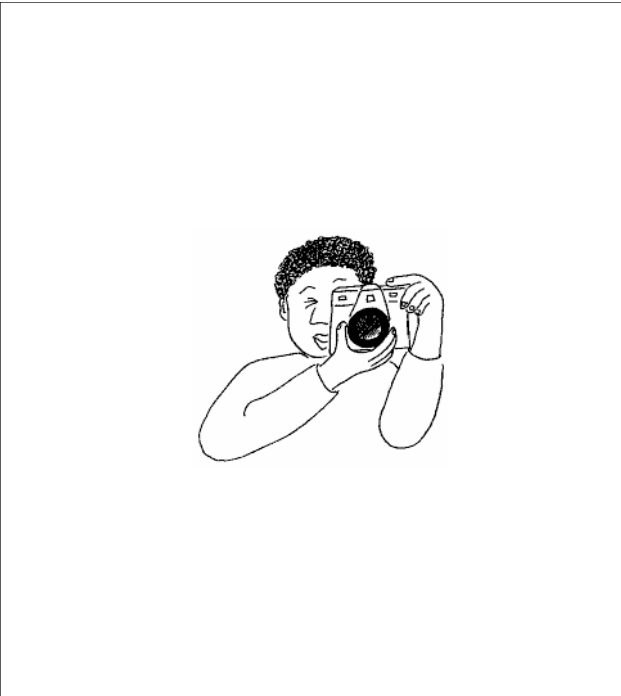


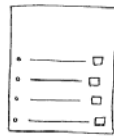
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People Who are Paid to be in My Life

Who are the people who are paid to be in your life?



They may be people you see often like a key worker at home or at a day centre.



They may be people you don't see very often, but help you plan your life like your social worker or a manager.



They may be people who help you with a particular thing like a speech therapist, doctor, or psychologist.





People Who are Paid to be in My Life



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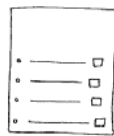


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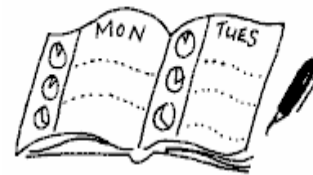


My Life Now

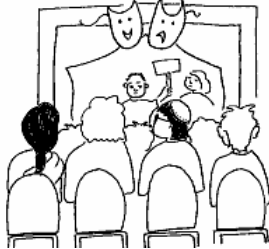
Think about all the things you do during the week.



Fill in the timetable on the next page to show what you do and when. Don't forget to use pictures, symbols and drawings.



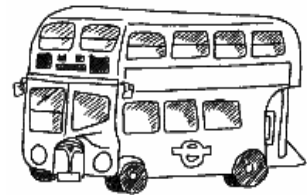
These might be things like ..



Going to clubs or groups



Spending time at home



Going on trips



Going to work, college or to a day centre

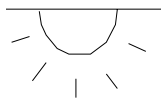
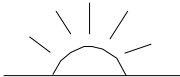
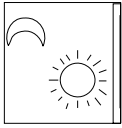


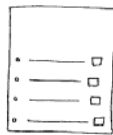
Visiting friends or relatives



Doing sports or exercise

My life now

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Morning							
 Afternoon							
 Evening							



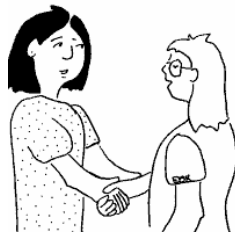
Important Things in My Past

There may be important things that have happened to you in your past that you would like people to know about.

You might want to think about...



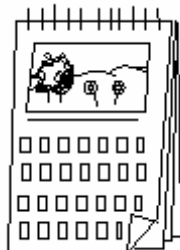
Where you have lived



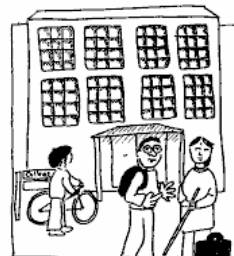
People you have known



Holidays you have taken



Dates that are important to you

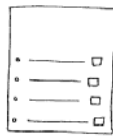


Things you have done at college, at work or at a day centre



Important Things in My Past

This section is for helping you to discover old interests, skills and friendships that might be renewed. You might want to make a life story book, or you may already have one that you want to share with your advocate or supporter. If you want to make a life story book, you can talk to Speak Out staff about it.



What I Need to Keep Healthy and Safe

Think about the things that you need to keep you healthy and safe.



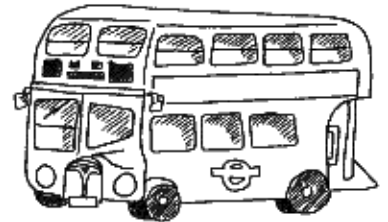
You might want to think about...



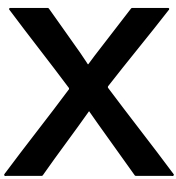
When did you last do to the doctor?



Do you take any medication?



Using public transport



Things you should not do



Things you are allergic to or that make you sick



Keeping safe when you are out




Situations that make you upset, angry or frightened






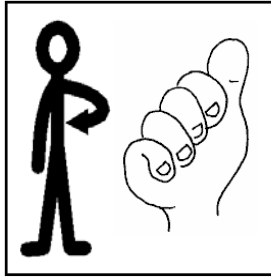
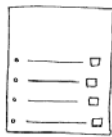
Keeping Healthy and Safe

My Health needs



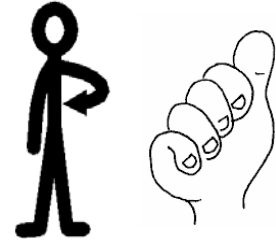
What I need to keep safe



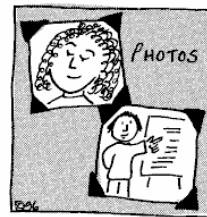


Good Things about Me

Think about all the things you like about yourself.



Use photos, pictures, symbols and drawings to fill in the next page.



You might want to think about...



Things you are good at.



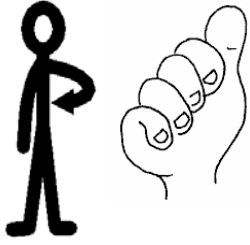
Things you are proud of.



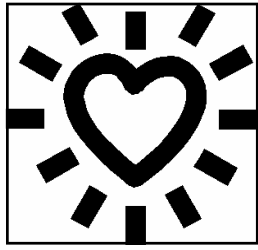
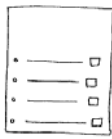
Nice things people say about you.

Remember to put all the little things that make you special.



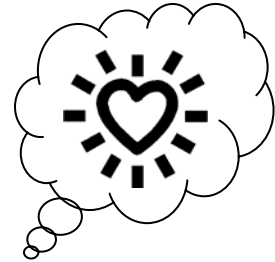


Good Things about Me

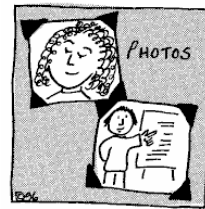


Things I Like

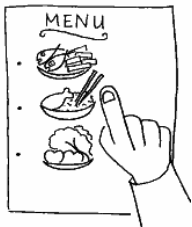
Think about all of the things you like doing.



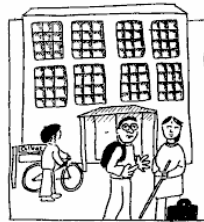
Use photos, pictures, symbols and drawings to fill in the next page.



You might like to think about...



Foods you like



Things you like doing at college, work or at the day centre



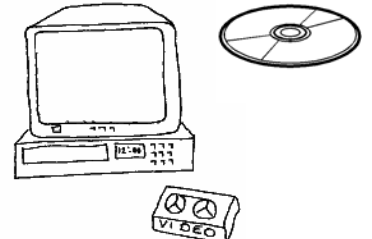
Things you do to relax



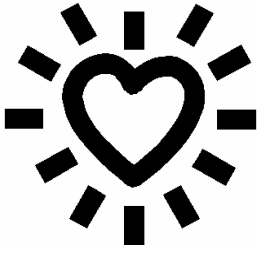
Things you like to do at home



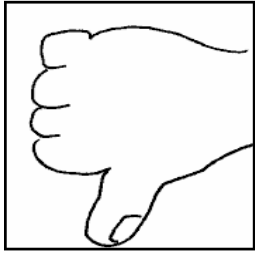
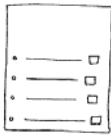
Places you like to go with special people



Films and music you like

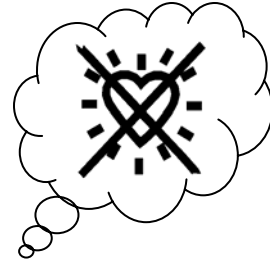


Things I Like

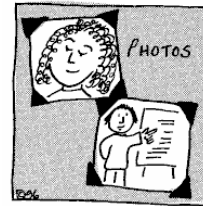


Things I Don't Like

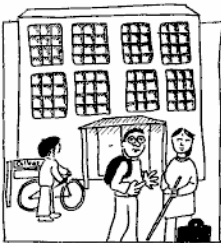
Think about all of the things you don't like doing.



Use photos, pictures, symbols and drawings to fill in the next page.



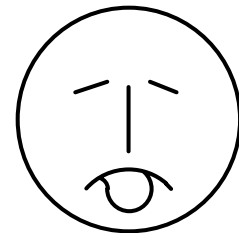
You might like to think about...



Things you don't like doing at work, at college or at the day centre



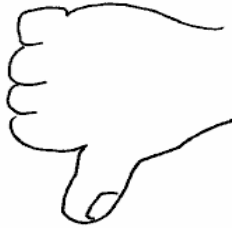
Things you don't like doing at home



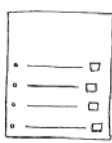
Things you don't like to eat



Things that make you scared, sad or angry



Things I Don't Like



Where I Live

Think about the place that you live now.



You might want to think about...

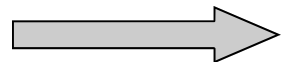


What do you like about it?



What don't you like about it?

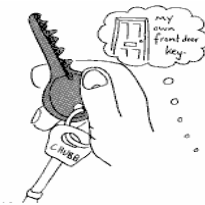
Where would you like to live in the future?



Things that might be important to you...



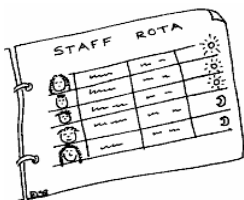
The people that you live with



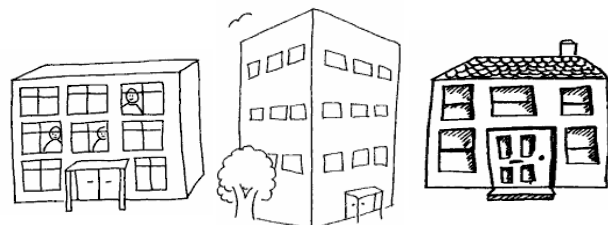
Your own keys



Having your own room



Having people to help you



The sort of house you might live in



Where I Live

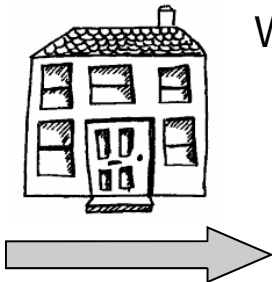
What do you like about where you live now?

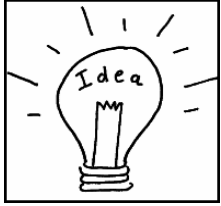
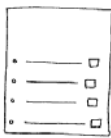


What don't you like about where you live now?



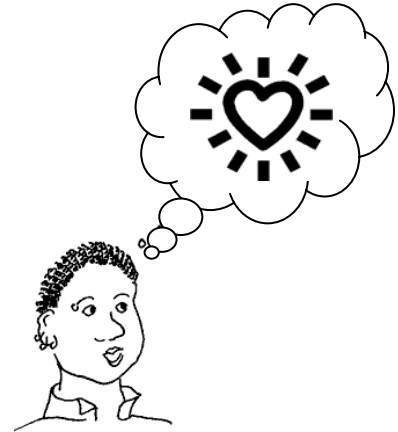
Where would you like to live in the future?
What are the important things about this for you?





What I Would Like To Do

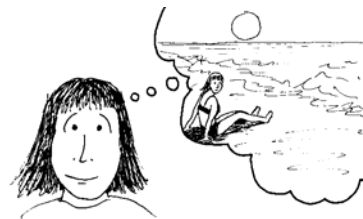
Think about the things you would really like to do and record your ideas on the next page.



These might be things you already do and want to carry on doing.

	M	T	W	T	F	S	S

These might be things you have never done before.



You might want to think about what you would do on your best day.

M	T	W	T	F
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You might also want to think about your best:

Best weekend

Sat	Sun
-----	-----

Best evening

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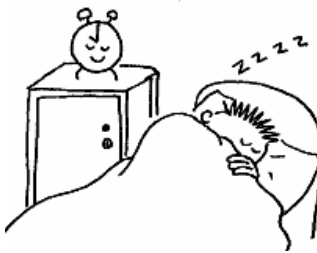


My Best Day

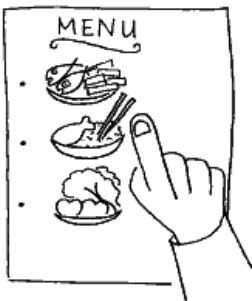
If you could do anything, what would it be?



What would you do when you got up?

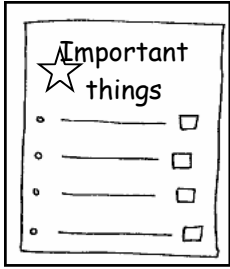
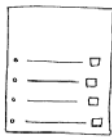


What would you choose to eat during the day?



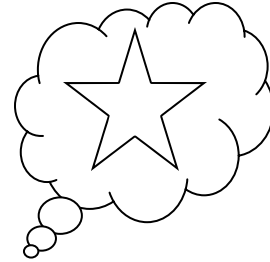
What activities would make you happy?



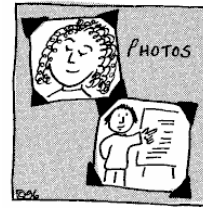


Things that are really Important to Me

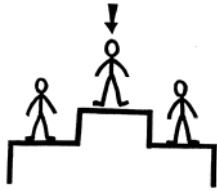
Think about all the things that are really important for you to have in your life. You might want to look back through the pages of this book and decide what is **really** important to you.



Use photos, pictures, symbols and drawings to fill in the next page.



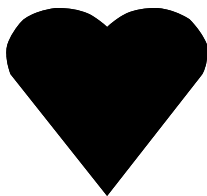
You might want to think about....



Important people



Things that are important for me to remember



Things that I want to make sure are in my life

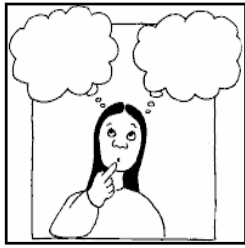
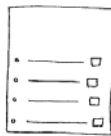


Things I want to make sure are never in my life

Important
★ things

- _____
- _____
- _____
- _____

Things that are really Important to Me

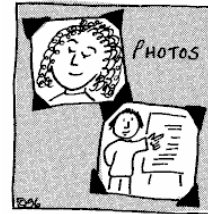


Hopes and Dreams for My Future

Think about all the things you would like to do in the future.



Use photos, pictures, symbols and drawings to fill in the next page.



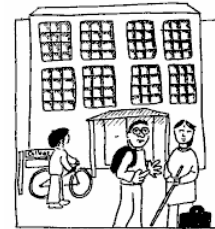
You might want to...



Learn to swim



Do a work placement



Go to college



Go out with friends more



See family more often



Go on holiday






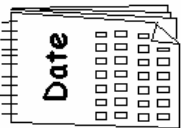

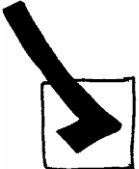
Use the phone



Hopes and Dreams for My Future

My action plan

Date this plan was made _____

 <p>Goal</p>	 <p>What happens first?</p>	 <p>Who will do it?</p>	 <p>When will it be done by?</p>	 <p>What help might you need?</p>	 <p>How will you know when you have achieved the goal?</p>

This book has been developed by

Brighton and Hove Speak Out



The book is based on the 'Build a Picture' tool which Speak Out use to help work out what kind of advocacy support people need.

The book also incorporates ideas from the 'Personal Planning Book' written by Barbara McIntosh and Andrea Whittaker, which came about as a result of
The Changing Days Project.

This book uses symbols from

The Change Picture
Bank Database



0207 4902668



Makaton Core Vocabulary

01286 61390

www.makaton.org

Widgit – Writing with
Symbols



020 74856660
www.widgit.com

Access First By People First



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