



Guide to...

Reviewing and planning

It is sometimes useful to take time out to think about particular aims or issues in your life.

Examples might include living in your own home, managing your money, or finding things to do.

By focusing on a particular aim or issue, you can think about what you are doing about it, what you might need to do, and what support you may need.

This can help you plan for the future.

While this can be done on your own, talking with someone else who you know and trust – such as a friend, a family member or a support worker – can help you think things through.

They might be able to make suggestions or remember things that you might not have thought of.

It can be good to write things down or make a list. This can then be useful to refer to if you want to discuss the issue another time, such as in a review meeting or a discussion group.