

Dark Side of Medicine

MY LIFE SERIES - ML-13

WORK & DAYTIME ACTIVITIES

This is about the things I do during the day. This may include work, college, volunteering, day services, groups or other activities.

WHAT I DO

- The work, college, volunteering, groups or activities I take part in:

- Where I usually go:

WHEN I GO

- The days and times I usually go:

- How often I take part:

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WHAT I ENJOY

These are the parts of my work, learning or daytime activities that are important to me.

THINGS I ENJOY

- Things I particularly enjoy doing:

- Things I am good at or proud of:

THINGS I WOULD LIKE TO DO

- Something I would like to try or do more of:

- Something I would like to learn:

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SUPPORT I MAY NEED

I may do some things independently and need support with other parts of my day.

THINGS I CAN DO FOR MYSELF

- Things I usually manage independently:

- Things I like to be given the chance to do for myself:

HELP THAT WORKS FOR ME

- Things I may need help or support with:

- The best way to support me:

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PEOPLE & IMPORTANT ARRANGEMENTS

These are the people and arrangements connected with my work, college or daytime activities.

PEOPLE WHO SUPPORT ME THERE

- People I know or who support me:

- What they help me with:

IMPORTANT ARRANGEMENTS

- Things people need to remember about my day:

- Anything I need to take with me or have available:

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IF SOMETHING CHANGES

Changes to plans can affect people in different ways. These are things that can help me.

CHANGES TO MY USUAL DAY

- How I like to be told if something is changing:

- What helps me if a plan or activity changes:

IF I CANNOT GO

- Who may need to be told:

- Anything that may need to be rearranged:

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MORE ABOUT MY WORK & DAYTIME ACTIVITIES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.