



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Social Care Series

Stick some photos of yourself here

My Needs Assessment Booklet

This booklet is for people who have turned 18 years old.

It will help you tell people about:

- Yourself
- The things you want to do
- The support you need to do them

A Down's Syndrome Association Publication

www.downs-syndrome.org.uk



Food I like



Food I don't like



Food I can make on my own



Food I need support to make





Support I need to understand healthy eating



Support I need with eating



My goals (outcomes)



0

Support I need to wash



Support



How and when I like to wash



Support I need to brush my hair



Support I need to brush my teeth



Support I need to cut my nails



Support I need to shave



Support I need to wear clean clothes



My goals (outcomes)



**Support I need
to use the toilet**



**Support I need
to keep clean**



Support I need to wash my hands



My goals (outcomes)



Support I need with laundry



Support I need to wear the right clothes



My goals (outcomes)



Support I need to move around my home



Support I need with fire safety



Support I need to use household equipment



Support I need to pay my rent and bills



My goals (outcomes)



Support I need to vacuum and sweep



Support I need to dust



Support I need to clean the kitchen



Support I need to wash up



Support I need to clean the bathroom



My goals (outcomes)



Support I need to see my family



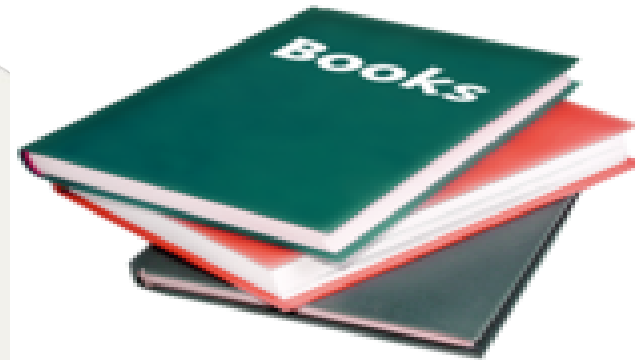
Support I need to see or make new friends



My goals (outcomes)



Support I need with work, training, education or volunteering



My goals (outcomes)



Support I need to visit the doctor, dentist, pharmacy and hospital



Support I need to take medication



Other support I need to keep healthy



Support I need to shop



Support I need to budget and use money



Support I need with activities



Support I need to get around



My goals (outcomes)



**Are you a parent or a carer for anyone?
If yes, what support do you need to care for them?**



My goals (outcomes)







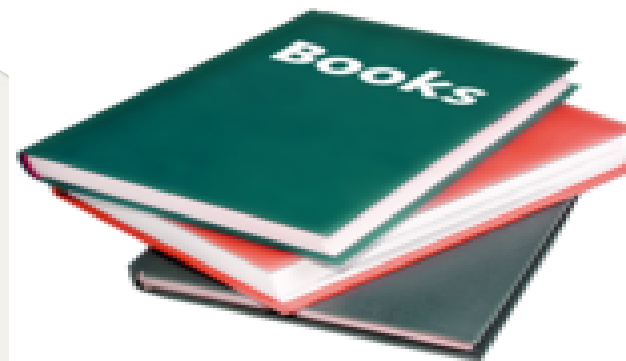
Where and who to live with



Friendships and relationships



Work, education and new skills



Activities



The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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