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
Eligibility Criteria A: Managing and maintaining nutrition

Food I like

Food I don’t like
Eligibility Criteria A: Managing and maintaining nutrition

**Food I can make on my own**

**Food I need support to make**
Eligibility Criteria A: Managing and maintaining nutrition

Support I need to understand healthy eating
Eligibility Criteria A: Managing and maintaining nutrition

Support I need with eating

My goals (outcomes)
Eligibility Criteria B: Maintaining personal hygiene

Support I need to wash

How and when I like to wash

Support

Days of the Week
- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
Eligibility Criteria B: Maintaining personal hygiene

Support I need to brush my hair

Support I need to brush my teeth
<table>
<thead>
<tr>
<th>Support I need to cut my nails</th>
<th>Support I need to shave</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Image of cutting nails" /></td>
<td><img src="image2" alt="Image of electric shaver" /></td>
</tr>
</tbody>
</table>

Eligibility Criteria B: Maintaining personal hygiene
Support I need to wear clean clothes

My goals (outcomes)
Eligibility Criteria C: Managing toilet needs

Support I need to use the toilet

Support I need to keep clean
Support I need to wash my hands

My goals (outcomes)
Eligibility Criteria D: Being appropriately clothed

Support I need with laundry

Support I need to wear the right clothes
Eligibility Criteria D: Being appropriately clothed
Eligibility Criteria E: Being able to make use of the adult’s home safely

Support I need to move around my home

Support I need with fire safety
Eligibility Criteria E: Being able to make use of the adult’s home safely

Support I need to use household equipment

Support I need to pay my rent and bills
Eligibility Criteria E: Being able to make use of the adult’s home safely
Eligibility Criteria F: Maintaining a habitable home

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
Eligibility Criteria G: Developing and maintaining family or other personal relationships

My goals (outcomes)
Support I need with work, training, education or volunteering
Eligibility Criteria H: Accessing and engaging in work, training, education or volunteering

www.downs-syndrome.org.uk

My goals (outcomes)
Eligibility Criteria I: Making use of necessary facilities or services in the local community including public transport, and recreational facilities or services

Support I need to visit the doctor, dentist, pharmacy and hospital
Eligibility Criteria I: Making use of necessary facilities or services in the local community including public transport, and recreational facilities or services

Support I need to take medication
Eligibility Criteria I: Making use of necessary facilities or services in the local community including public transport, and recreational facilities or services

Other support I need to keep healthy
Support I need to shop
Eligibility Criteria I: Making use of necessary facilities or services in the local community including public transport, and recreational facilities or services

Support I need to budget and use money
Eligibility Criteria I: Making use of necessary facilities or services in the local community including public transport, and recreational facilities or services

Support I need with activities
Eligibility Criteria I: Making use of necessary facilities or services in the local community including public transport, and recreational facilities or services

Support I need to get around
Eligibility Criteria I: Making use of necessary facilities or services in the local community including public transport, and recreational facilities or services

My goals (outcomes)
Eligibility Criteria J: Carrying out any caring responsibilities the adult has for a child

Are you a parent or a carer for anyone? If yes, what support do you need to care for them?
Eligibility Criteria J: Carrying out any caring responsibilities the adult has for a child

My goals (outcomes)
Things that are important to me:

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Other important things about me and my life so far:
Things I would like in future:

Where and who to live with
Friendships and relationships
Things I would like in future:

Work, education and new skills
Things I would like in future:

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.

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