

# Looking at my own life quality

## About CHOICE in your life...

### Are you able to tell someone about the things you want and need in your life?

Things to think about: Are you able to talk to others about what you like and want? Who listens to you? If there are things you don't like, who do you talk to?

Okay at this time       Need some support

### Do you make big, important decisions for yourself?

Things to think about: Did you choose where you live? Did you choose where you work or go to school? Do you choose how to spend your money?

Okay at this time       Need some support

### Do you make everyday decisions for yourself?

Things to think about: Who decides what you do during the day? Who decides things like what you wear, what you eat, what time you go to bed? Who decides what you do in your free time?

Okay at this time       Need some support

### Do you choose what services you use?

Things to think about: How do you choose what community services (for example: gas station, grocery store, bank) you will use?

Okay at this time       Need some support

### Do you choose when to change your services?

Things to think about: Have you ever changed community services? Why did you change? How did that change work out?

Okay at this time       Need some support

## How to Use This Workbook

You can fill in answers in this workbook by clicking in the text box next to each question and typing, or by clicking a check box. Once you have filled out your workbook you can print this PDF file.

You can save your responses on the last page of this workbook. If you have already saved your responses from a previous session, you can reload them on the last page of this workbook as well.

What are your thoughts about your life quality when it comes to CHOICE?

Who can help you?

When will you do it?

Look back at your answers to these questions. What support will you ask for?

## About RELATIONSHIPS in your life

### Do you have friends and people who care about you?

Things to think about: Who are your friends? Who do you talk to on the phone? What kinds of things do you and your friends do together? What do you do for vacations? If you have a girlfriend, boyfriend, or are married, are there people around you who support your relationship?

Okay at this time       Need some support

### Do you have friends you can count on?

Things to think about: Where do you meet new people? Have you have had a chance to make friends there? In your neighborhood or when you go out, have you met someone who later became your friend? Do you stay in touch with your friends? If not, why not? Who do you talk to when you're sad, or upset or have a problem?

Okay at this time       Need some support

What are your thoughts about your life quality when it comes to RELATIONSHIPS?

Who can help you?

When will you do it?

Look back at your answers to these questions. What support will you ask for?

## About your LIFESTYLE

### Do you feel that you are a part of your community?

Things to think about: What places do you go in your town? Who do you usually go with? How do you get there? How do you find out what is going on in your town?

Okay at this time       Need some support

### Do you do things that are important to you, your family and your heritage?

Things to think about: What are some of the things your family does at holidays or special occasions? Are there people around you who share your language and your culture?

Okay at this time       Need some support

### Are you able to do things for yourself as much as you would like to?

Things to think about: What things do you do for yourself? Do you need support to do things for yourself? What kinds of things or equipment would help you get around better or do more on your own?

Okay at this time       Need some support

### Are you living where you want to live?

Things to think about: If you wanted to move, what would you do? What are some of the best things about where you live? Do you feel that you can be by yourself when you want to?

Okay at this time       Need some support

What are your thoughts about your life quality when it comes to LIFESTYLE?

Who can help you?

When will you do it?

Look back at your answers to these questions. What support will you ask for?

## About your HEALTH and WELL-BEING?

### Do you feel safe?

Things to think about: Do you feel safe at home and in your neighborhood? If something dangerous happened, what would you do? What would you do if there was a fire, earthquake or flood? If somebody tried to hurt you what would you do? Who would you go to for help?

Okay at this time       Need some support

### Are you healthy?

Things to think about: What do you do to stay healthy? Do you play sports or exercise? Do you take any medicines? If so, do you take them as directed? Who decides what you eat? If you want information about being healthy or safer, where would you get it?

Okay at this time       Need some support

### What would you do if something happened to you?

Things to think about: Who takes care of you when you get sick? Have you had other things happen to you (like an accident or a crime)? What did you do? Who would you go to if you needed help?

Okay at this time       Need some support

### Do you have a regular doctor or dentist?

Things to think about: Do you have a regular doctor and dentist? How often do you see your doctor or dentist? Does your doctor or dentist talk to you about what's going on with your health? Who else helps when you are sick or need to make medical decisions?

Okay at this time       Need some support

What are your thoughts about your life quality when it comes to HEALTH and WELL-BEING?

Who can help you?

When will you do it?

Look back at your answers to these questions. What support will you ask for?

## About your RIGHTS?

### Do you feel free to live your life like others?

Things to think about: What are your rights and responsibilities as a citizen? Does anything stop you from doing things or going places when you want?

Okay at this time       Need some support

### Do you feel afraid of things in your life?

Things to think about: Are there times when you are worried or are afraid of things in your life? When? Do you feel that people take advantage of you or treat you poorly?

Okay at this time       Need some support

### Do people treat you well?

Things to think about: How do people generally treat you? Are there times when you are not treated well or with respect?

Okay at this time       Need some support

### Do you get the kinds of community services that everyone gets?

Things to think about: Are there community services that you would like, but can't get? Why? Are there places in the community that you would like to go, but you can't? Why?

Okay at this time       Need some support

### If you want help getting the things you need, do you know where to get it?

Things to think about: If you ever needed something important like medical help, counseling or legal advice, and couldn't get it, what would you do?

Okay at this time       Need some support

What are your thoughts about your life quality when it comes to your RIGHTS?

Who can help you?

When will you do it?

Look back at your answers to these questions. What support will you ask for?

## Your SATISFACTION with your life quality?

### Are you happy with what you can do for yourself?

Things to think about: Are there things that you have learned for personal growth or for fun? Are there things that you would like to learn for personal growth or for fun?

Okay at this time       Need some support

### Are you happy with your community services?

Things to think about: Are there things you would like to change about the services (for example: bank, grocery store, park) you use in your community? If so, have you ever talked to anyone about it?

Okay at this time       Need some support

### Are you happy with your life now?

Things to think about: What are the good things that are happening in your life today? Could things be better?

Okay at this time       Need some support

## How to Save or Update Your Responses

To save your responses:

1. Click on "**Save or Update My Responses**"
2. Click "**Save**"
3. Fill in your name (you could also enter your name and a date to save progress.)
4. Click "**OK**"

To clear all responses and start over click "**Clear Responses.**"

To view, edit or update your saved responses:

1. Click "**Save or Update My Responses**"
2. Click "**Reload.**"
3. Select your name. Your previously saved responses will be restored.
4. Change or complete your responses.
5. Save your responses according to the directions above. To replace your existing responses, type the same name information, and when asked to overwrite, click "OK". Or enter a new name, or an existing name with a new date to save a new set of responses.

To delete your saved responses:

1. Click "**Save or Update My Responses**"
2. Click "**Delete.**"
3. Select your name. Your responses will be permanently deleted.

What are your thoughts about your SATISFACTION with your life quality?

Who can help you?

When will you do it?

Look back at your answers to these questions. What support will you ask for?