

Strengths – Needs – Helps

Self-Reflection Chart | People in Need of Care

Reflect and write. Use the columns below. Write as much or as little as you like. There are no right or wrong answers.



Strengths

What I am good at

What do I manage well in daily life? What do others appreciate about me?



Needs

What I need support with

Where do I find things hard? What kind of help would make a difference?



Helps

What helps me feel respected

What makes me feel heard, included, and involved in decisions about my care?

After completing this chart, choose 3 to 5 key points to transfer onto your My Profile card.

This chart is yours. You choose what to share with your trainer or peers.

FairCare Project | Erasmus+ KA220-ADU | Inclusion & Self-determination

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