

How we can help:

- Let us know what you want to do.
- Let us know your ideas.

Together we can:

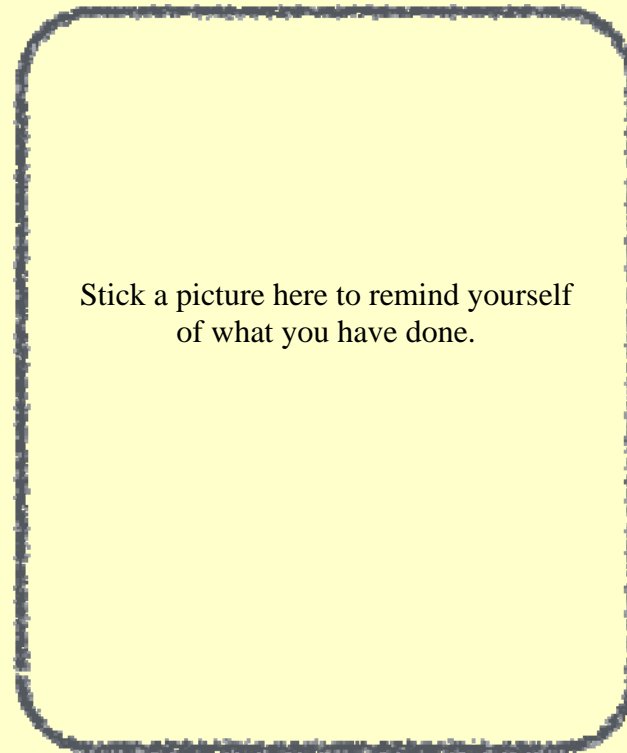
- Come up with an Action Plan.
- Get in contact with the right organisations.
- Make sure you have the skills you need.

We will:

- Help you talk to the right people.
- Help you apply to/approach organisations.
- Help you organize getting to where you need to go.
- Make sure you have enough support.



SARACEN CARE SERVICES
Providing Care and Independence



Stick a picture here to remind yourself of what you have done.

HURRAY!
YOU DID IT



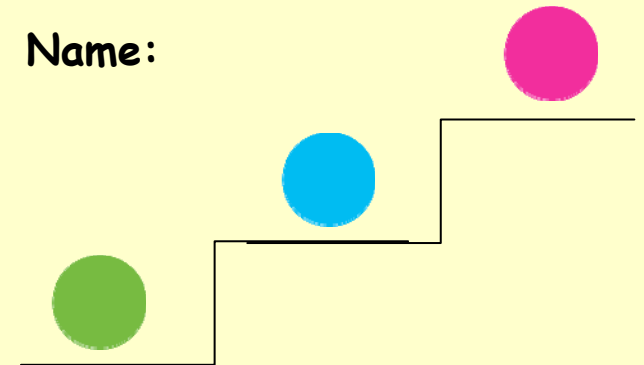
YOUR GOALS

What would you like to achieve?

To increase your:

- skills
- involvement in the community
- independence
- knowledge
- health
- wellbeing

Name:



Small steps 2
big changes

My Goal is:

Date:

How do I get to my goals?



What are the steps?

Five empty rounded rectangular boxes stacked vertically, intended for writing the steps to achieve the goal.



Who do I need to help me?

Five empty rounded rectangular boxes arranged in two columns (two on the left, three on the right), intended for listing people who can provide support.