

Aims or Goals of (name) form G

It is important that we know what you (as someone who uses mental health services) think are the most important things we can help you with. You can choose how you want to let us know and there are lots of ways, such as talking to workers, but if you wish you can use this form to help. You do not have to use this form, it's your choice. If you do want to make notes on it, you can just keep it for yourself as a reminder, or, give a copy to your Care Coordinator or other worker.

Some of the things you might like to think about:

At home Where and how you live, how you get about, any help you need.

Health Your physical and mental health.

Social life How you spend your leisure time, your hobbies, social opportunities etc.

Occupation Do you need: training, education, a chance to learn new skills, or help with employment?

Information Do you need: information, help with money, benefits, or the law, or someone independent to speak on your behalf?

This is what I would like to happen over the next few months...

This is what I would like to happen in the future...

Signed

Date _ _ / _ _ / 20 _ _