

My best life: A Tool to tell others how you feel

About this tool

You can use this document to tell other people what you need to live your best life. Listed on the following pages are things that many people find important. There is also extra space to add things that might not be listed. Once you answer each question, you can share this with people who support you and ask them to help with anything you might need.

Instructions




1. For each box on the following pages, select how you feel about that item.
2. After answering the questions, share this tool with people who care about you.
3. Ask them for support on any item you marked as “please help.”
4. Also ask for support on anything you listed in the “other” section.

If assistance is needed to complete this document, request help from someone you trust and who knows you very well.

An example

Thing that might make your life better: I regularly spend time with people who share my values and care about me.

Possible answers:














































Please help 	Don't know or not applicable 	All is good 
If you feel lonely or don't visit with people you like very often	If you are not sure or if the question isn't important to you	If you have a regular routine to connect with people you like






















Alternative option


If needed, this tool has a partner document, *Quality of Life: A tool for caregivers*, for people who do not use words to communicate or who may not be able to always tell others how they feel.

My name: _____






















Things that might make my life better
























Choices	Please help 	Don't know or not applicable 	All is good 
I control my own finances, or (if assistance is needed) I control how I spend my leftover fun money			
The activities offered to me reflect my cultural or other personal preferences			
I have personal items that reflect my culture or interests (this might include games, music, craft supplies, etc.)			
My living space is furnished and decorated the way I want and includes pleasant, interesting things			
I own clothing that reflects my personal style and desired gender identity			
I was able to make a choice on where I live, or I have been offered additional support services to move to a new location			
I was able to make a choice on who I live with or to live alone, or I have been offered additional support services to move to a new location			
On a daily basis, I am able to visit with non-staff people (this might include in person, on the phone, video chats, etc.)			
At least once a year, I am offered opportunities to explore a variety of employment or volunteer opportunities I may want, including opportunities to change jobs or volunteer positions			
I decide every day how I spend my time (exceptions might include bad weather, medical care, school, etc.)			
I have multiple options each day to decide when I will do things			
I am able to make my own choices about what foods I eat and how much I eat			
I have been offered opportunities to explore different religions and to choose what I want to participate in, or choose not to participate			
I chose the learning objectives in my plans			










Support from my team	Please help	Don't know or not applicable	All is good
I am regularly offered a variety of activities that I enjoy			
I have enough support services and staff to do the activities I enjoy			
I feel confident that I can achieve my goals and that I have enough support to do so			
There is a written plan to help me become more independent, and I have enough support to achieve that plan			
I think the people who support me are carrying out my plans the way I expect them to			
The people who support me know how to help me when I am stressed			
The people who support me know how to help me with trauma I have experienced (trauma can mean things like bullying, racial or other forms of discrimination, neglect, violence, etc.)			

My own things	Please help	Don't know or not applicable	All is good
I have enough money or other resources to get the things I need and some of the things I want, or there is a written plan to help me become financially stable			
I own and have unlimited access to the personal items I value the most (this might include a cell phone, bus pass, bike, video games, computer, etc.)			
My belongings are respected by paid staff, roommates and visitors			
I have multiple choices on what to wear each day. My clothes/shoes are comfortable and are free from holes or defects (unless desired by me)			
I have the supplies I need to do some of the hobbies I like			

Community	Please help	Don't know or not applicable	All is good
I can visit places I enjoy several times each week			
I regularly spend time with people who I like and who care about me			
I can decline social activities at any time and my team respects my choice			
The people who support me have told me about opportunities to join community organizations like recreation centers or gyms, clubs, libraries, bowling leagues, volunteer groups, etc.			
If desired by me, I have opportunities, support and the necessary equipment to participate in social media			
I have enough access to transportation to do the things I enjoy			

Positive relationships	Please help	Don't know or not applicable	All is good
When needed, I can meet with people who support me, to tell them about things that are important to me			
The people who support me usually understand what I'm trying to say			
I receive support as needed through assistive technology, translators, interpreters or other supports			
I have long-term relationships with people other than paid staff			
If needed, the people who support me have been helping me build relationships with other people			
If desired by me, my birthday is recognized and celebrated every year by people who care about me			
I have someone in my life who can help me work through conflicts with others (one example could be support in dealing with a difficult landlord)			

Staying healthy	Please help	Don't know or not applicable	All is good
If needed, I have been given opportunities to see specialists for medical issues I have (for example: a pain specialist, chiropractor, psychiatrist, etc.)			
There is a plan to help me maintain or improve my health			
I have a stable home with an address			
I have enough space in my home, yard and work to be healthy			
I have ways to stay physically active that I enjoy			
I have access to healthcare that reflects my culture, as recommended by licensed health care professionals			
I can get help from a translator if needed for medical appointments			
My team has given me helpful information about how I can protect myself and others from infectious disease			

My rights	Please help	Don't know or not applicable	All is good
My support team gave me a copy of my rights and explained them in a way that makes sense			
I can get involved with civic activities when I want to (this might include voting, attending city council meetings, joining social media, attending protests, buying t-shirts or signs showing groups I support, etc.)			
I have support to connect with self-advocate representatives or organizations (this might include transportation to meetings, help with calling an advocate, etc.)			

Other

In the boxes below, list other ideas that are important to you. For example, you could include:

- Specific hobbies you want to do
- Vacations you want to go on
- Games or sports you would like to try
- Career goals
- Items you would like to buy
- Anything else that could make your life better

Other ideas I have:

