

My interests and needs

Name _____

Goal:	Developing self-determination in order to become active citizen.
Methods:	Questionnaire, feedback, individual support, conversation.
Material:	Questionnaire
Instructions:	<ul style="list-style-type: none">- There are not correct or incorrect answers- The aim of this questionnaire is to encourage the participants to be more aware of themselves, their interests, hobbies, skills.....- The answer of each person should be the starting point for conversation.- This questionnaire is the starting point for involving people with disability in community to be more active citizens through the interest and goals that are important to them.

What are you good at?

I'm really good at doing/making... (no matter how small it is, e.g. making good coffee, listening, hugging, fashion style...)

What are you interested in?

I am interested in....

What hobbies do you have?

My hobbies are

What do you like doing?

I really like ...

What would I like to try to do, never done before?

I would like to

What can another person get from knowing you?

From knowing me

Where are the places and people in community where would your interests, skills, talents and habits be appreciated and where can you meet other people sharing your interests?

For example if your interest is about "cars"

- car repair shops and shops
- auto parts dealers
- service departments
- car inspections
- rent a car
- car races
- mechanics
- parking spaces - garages
- car magazines
- second hand cars
- car washes
- car stereos
- race tracks
- petrol stations
- tyres

Do we know somebody there and how to get in touch with them?

Work

What kind of job you have:

What are your tasks?

My tasks are

Who do you work with?

I work with

Do you need help/support?

If yes, what kind of help/ support do you need? Who from?

What kind of job would you like to have?

Who can help you find that job?

What would you like to do at your job?

Do you think you will need support? What kind?

(Signature)