

Worksheet 2

A portrait of your relative

Use this Worksheet to develop a portrait of your relative with a learning disability as it will be an important record to pass on to your survivors.

Health

List names of current doctors, specialists and health professionals: _____

List any current health concerns: _____

List any current health treatments: _____

List any current health precautions and alternatives: _____

Briefly describe key features of your relative's medical history: _____

Education and work

List your relative's current educational and/or work activity: _____

What are their future dreams in this area? What other possibilities would they like to explore?

What are some highlights from your relative's school and/or college experience? What did they like about it? What didn't they like about it? _____

Who are the people from the past that your relative would like to connect with?

Who are the people with whom your relative still has a close connection with?

What are some highlights of your relative's work experience? What did they like about it? What didn't they like about it? _____

Housing

Describe your relative's current living arrangements: _____

What are some future housing options/possibilities for your relative? _____

Summarise their previous living arrangements: _____

What did your relative like about them, dislike about them? _____

Who are the people who had a significant relationship with your relative in these previous living arrangements? _____

Leisure and recreation

List your relative's current social, recreational, cultural, artistic and sporting activities: _____

What are your relative's interests and preferred activities in these areas? _____

What are some future possibilities in the area of leisure and recreation? _____

What does your relative most like to do? _____

Personal

How would you describe your relative's beliefs and values? _____

What customs and traditions are important in your family? _____

Is spiritual and religious worship important for your relative? Is this an area that could be explored further? _____

What are (or will be) the significant events, markers, or milestones in your relative's life? _____

What brings comfort and peace to your relative? _____

Who has been your relative's greatest source of emotional support other than yourself? _____

What does your relative gain the most pleasure from? _____

Who are the most significant people in your relative's life? _____

What are your relative's favourite possessions? _____
