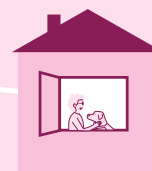


# My Housing Options



## Building block 2: My needs and what matters to me

### Worksheet 3: Exploring my support needs



What kind of help do you need? (Tick all that apply)

- ☐ Help with cooking and meal preparation
- ☐ Help with cleaning, household chores and yard maintenance
- ☐ Help with personal care (bathing, dressing, grooming)
- ☐ Help with managing medication
- ☐ Help with transportation
- ☐ Help with managing money and budgeting
- ☐ Help with your health, mental health and well-being
- ☐ Help with getting out and about in the community
- ☐ Help with communication
- ☐ Help with technology
- ☐ Help with meeting tenancy obligations (i.e., scheduling rent payments, reporting maintenance issues)
- ☐ Help with education, training and employment
- ☐ Other, please list



How often do you need help?

- ☐ Every day
- ☐ A few times a week
- ☐ Occasionally or as needed



Do you need help during certain times of the day?

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Overnight

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### Worksheet 3: Exploring my support needs



Do you want to share support services with others?

☐

Yes, I'm open to sharing support with housemates.

☐

No, I want support just for myself.



Do you currently get any unpaid help from family or friends (for example, family/neighbour takes you shopping for groceries?)

☐

Yes

☐

No

If yes, please describe what help you get:



Write down your own notes about your support needs for independent living:



Useful links:

National Disability Insurance Scheme - [www.ndis.gov.au](http://www.ndis.gov.au)

Queensland Community Support Scheme (QCCS) - [www.serviceavailabilityregister.com.au](http://www.serviceavailabilityregister.com.au)

National Injury Insurance Scheme, Queensland - [www.niis.qld.gov.au](http://www.niis.qld.gov.au)



Next steps

Write down your next steps here.

*This document builds on prior work done by Staffing Options - [www.staffingoptions.com.au](http://www.staffingoptions.com.au) to support people with disability around their housing and support.*