

Planning for Assistance Worksheet

Support Areas	Will Do On My Own	Informal Support Through Family and Friends	Community Service Assistance Needed
Food shopping			
Cooking			
Having enough income to support myself			
Budgeting			
Paying bills			
Using a checkbook			
Transportation			
Self-advocacy			
Recreational activities			
Learning new skills			
Social relationships			
Housekeeping			
Laundry			
Personal care			
Taking medications			
Arranging doctor / dentist appointments			
Accessibility needs			
Adaptive equipment			
Other			
Other			