



home**care**today

Your resource hub for new ideas
and choices in home care

Thinking about what you want

Before you start discussing a care plan with your provider, it's a good idea to think about what matters to you and improves your life. Ask yourself:

- What do I most enjoy doing?
- What makes my life enjoyable and meaningful?
- What's good right now and what's not?
- What's preventing me from having an enjoyable and meaningful life?
- What's missing? What would I have if I could choose anything?
- What sorts of things might help to improve my day-to-day life?
- What support do I need to remain safe and well?
- Where and when do I want that support to be available?
- How do I want to be supported and by whom?

Suite 1104, Level 11
530 Little Collins Street
Melbourne VIC 3000

Phone 03 9909 7910

Email homecaretoday@cota.org.au

www.homecaretoday.org.au



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