5 Point Care

My support preferences

Every question is optional. Write only what you choose to share.

Name I would like to use

Date updated

How I communicate

How I like to communicate

For example, speaking, writing, signing, pictures or a communication device.

What helps me understand information

For example, plain language, one question at a time, pictures or time to think.

My everyday routines

Routines that are important to me

For example, mornings, meals, appointments, rest or bedtime.

How I like to plan and handle changes

For example, advance notice, a written plan or discussing changes together.

5 Point Care

My support preferences

Every question is optional. Write only what you choose to share.

My interests and goals

Things I enjoy and people I like spending time with

For example, hobbies, outings, clubs, friends or family. You do not need to name anyone.

Things I would like to try or work towards

For example, cooking a meal, joining an activity or learning a new skill.

How I like to receive support

How I would like someone to help me

For example, asking first, showing me, doing a task together or letting me try.

What helps me feel comfortable

For example, a calm voice, a quieter space, a break or explaining what will happen next.

5 Point Care

My support preferences

Every question is optional. Write only what you choose to share.

My choices and privacy

Choices I want to make and how I want to be involved

For example, choosing activities, deciding when tasks happen or having someone help me explore options.

My privacy and personal boundaries

For example, knocking before entering, asking before touching belongings or checking before sharing information.

Culture and other preferences

Cultural, language or faith preferences I want respected

For example, language, food, traditions, community connections or observances.

Other preferences or things I want people to ask me about

For example, support worker preferences or something you would rather explain in person.