

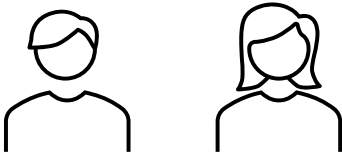
**My skills/ strengths/
interests**

**My Health and
Wellbeing**

**My social interaction
and relationships**

**My challenges/
dislikes**

**What independence
means to me**



All About Me

Name: _____



Information, Advice
and Support Service
**Herefordshire &
Worcestershire**

Ways I relax

**My hopes/ dreams/
ambitions**

**How I like to be
supported**