# Thinking About You

## Conversation Tool | Adult

|  |  |  |
| --- | --- | --- |
| Person’s name | icare reference number | Date |
|  |  |  |
| Others present for meeting | Case Manager/Planning facilitator | Case Manager contact details |
|  |  |  |
| What is most important to you at the moment? |
|  |
| What is working well for you right now? Consider what a good day looks like |
|  |
| What do you see as your strengths, and how are they changing?  |
|  |

|  |
| --- |
| **Example of an explanation of personal strengths**Personal strengths are not just about how strong you are or what you can do, like lifting heavy weights. Strengths can be tasks or actions you do well, what you are an expert in, your skills, how you approach a task and interact with others. It can be your attitude, your ideas about what you like to do your friendliness or sense of humour or your ability to speak another language. |

|  |
| --- |
| What are your main concerns right now? |
|  |
| **Additional comments** - Include any other relevant information from participant/worker, family and/or case manager |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
|   | Lifetime Care GPO Box 4052, Sydney, NSW 2001 **General Phone Enquiries: 1300 738 586**Email: care-requests@icare.nsw.gov.auwww.icare.nsw.gov.au  |   | Workers Care GPO Box 4052, Sydney, NSW 2001 **General Phone Enquiries: 1300 738 586**Email: care-requests@icare.nsw.gov.auwww.icare.nsw.gov.au  |