# Personal Considerations

## Conversation Tool | Adult

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| Person’s Name | icare reference number | Date |
|  |  |  |
| Other’s present for meeting | Case Manager/Planning facilitator | Case Manager contact details |
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1. How do you think you are going with adjusting to your different circumstances? How is your mood generally?
2. How do you respond when something happens that you weren’t expecting or when you have lots of things to do at the same time?
3. Do you usually look forward to the next day? Are you engaging in activities that you enjoy?
4. Do you think you would benefit from any additional support to help adjust to any changes in your life?
5. Would your family benefit from any support in adjusting to the changes? What might that support look like?

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| Person’s comments: Family comments:Case Manager comments: |

A range of support programs are available for participants and workers and their families – an up-to-date list of these can be found [here](https://www.icare.nsw.gov.au/injured-or-ill-people/motor-accident-injuries/families-and-carers).

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