

My Needs Chart

A blank copy for recording your own needs

Personal/Social/Emotional	Home	Garden	Mobility/Transport	Finances/ Paperwork

My Buddy Details

Buddy's Name, contact details, back up buddy	What can they do on a regular basis?	Ad Hoc or one off / skill set / interests

My Needs Organisation Table

What needs doing?	Who could do it? Who is going to ask them?	When is it needed? How often will it need doing?	Where will it happen?	Back up buddy – mainly for the essential things	Cost – what can we offer in terms of reciprocity