

Goals



Think about what you have been doing in the last year. What new things do you want to do?
Think about the sport and recreational goals you would like to achieve in the next 12 months.

My goals	What sport or recreational activities will help you achieve your goals?	What support do you need to achieve this goal?
<i>For example: I want to make new friends and develop greater social networks.</i>	<i>For example: Playing wheelchair basketball on Saturday afternoons.</i>	<i>For example: Sports wheelchair. Support worker for personal care. Transport to and from wheelchair basketball on Saturdays.</i>