

# Needs

Circle items that fit you



**Quiet Space to Relax**  
resting in silence



**Time Alone**  
sitting in solitude



**Help from Family**  
Family members assisting others



**Help from Friends**  
friends helping each other



**Breaks During the Day**  
Taking a break



**Exercise/Movement**  
person running outdoors



**Healthy Food**  
preparing fresh vegetables



**Good Sleep**  
person sleeping soundly



**Medication/Health Support**  
Holding medicine bottle



**Transportation Help**  
assisting a traveler



**Money Management Help**  
Managing finances together



**Reminders/Alerts**  
Displaying notification alerts

# Needs

Circle items that fit you



### Clear Instructions

reading clear instructions



### Written Directions

reading handwritten instructions



### Pictures/Visual Guides

viewing visual guides



### Extra Time to Learn

student studying late



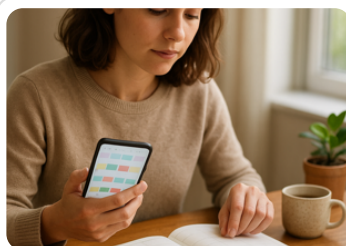
### A Job Coach

guiding a worker



### Regular Feedback

providing regular feedback



### Flexible Schedule

adjusting calendar dates



### Quiet Break Area

Empty chairs waiting



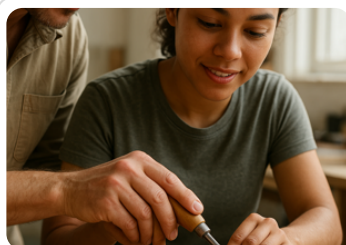
### Understanding Boss/Coworkers

discussing work matters



### Technology Assistance

Providing technical support



### Hands-On Training

practicing technical skills



### Consistent Schedule

following a routine

## My Top 3-5 Needs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_