



Poweria

The background features a faint illustration of a woman with glasses holding several balloons. The overall design includes a green top border, a green and yellow diagonal shape on the left, and a green and yellow wavy shape at the bottom.

for life!

A stylized water drop icon with a green and yellow gradient, positioned in the bottom right corner of the page.



This guide is intended for those of you who are thinking about your own life. It is easier to apply for studies or work when you know yourself better. It is important to know how to tell other people about your strengths as well as where you need support. By doing tasks, you learn about yourself. You can fill out this guide alone or together with another person. You can write, draw, or paste pictures in the guide.

Name: _____

Things you know how to do

Tell about which things you are good at or which things you like to do.



Memories from your life

Tell about events that have been important for you.

(For example, a nice story from your childhood. No need to tell about negative things)



People who are important to you

Tell about the people who are a part of your life.



Being together with others

It's important to have people around you.
What do you do with other people?

What do you do if you have argued with other people?

Are you able to apologise?



Loneliness

What does loneliness mean?

Are you lonely?

Where are you able to meet new people?



The best support for you

Everybody needs support. It is important to ask for help for yourself.

Do you need support in the following matters?

house cleaning, for example vacuuming, washing dishes YES NO

laundry YES NO

cooking YES NO

writing YES NO

reading YES NO

paying bills YES NO

online banking YES NO

travelling by bus / tram / train YES NO

dealing with agencies, such as KELA, TE services YES NO

visiting a doctor YES NO

finding a hobby YES NO



Tell about the support you would like for yourself

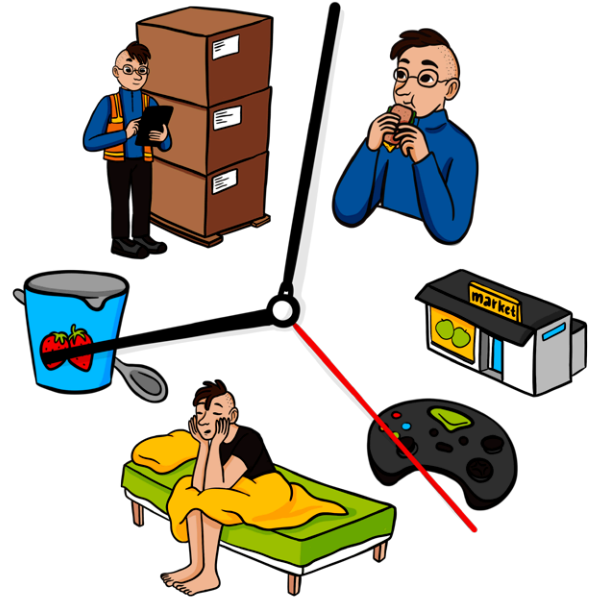
Tell about your day


What time do you wake up in the morning?

What do you eat for breakfast?

Are you going to work or school?
Where are you going?

If you don't go to school or work,
what do you do during the day?



A thick, vertical yellow bar is positioned on the left side of the page, extending from the top to the bottom. It has a slight gradient and a soft shadow.

What do you do at home in the evenings?

Do you have any hobbies?

How do you relax?

What time do you go to sleep?

Emotional things

You learn more about yourself when you know which things scare you, excite you, and make you happy.

Tell which things scare you?

Tell which things excite you?

What things make you happy?

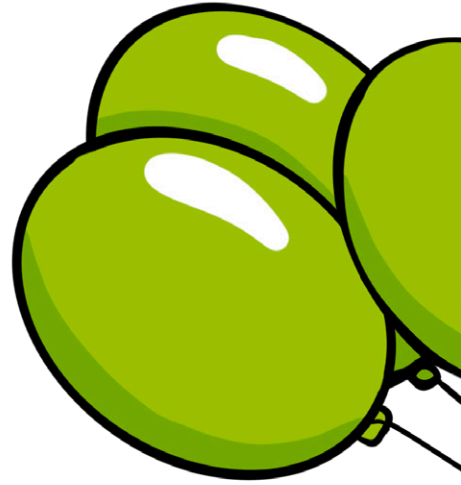


A vertical yellow brushstroke on the left side of the page, tapering at both ends.

Tell about what kinds of dreams you have



Notes





Sources

Kehitysvammaisten Palvelusäätiö sr. 2020.

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Näin minä pärjään! Oma arvioni avun ja tuen tarpeistani.

Suomen Mielenterveys ry. 2022.

Mielenterveyden käsi. Mielenterveyden käsi kertoo mielen hyvinvoinnista – MIELI ry



POWERIA!



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PALVELUSÄÄTIÖ

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EU:lta
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Euroopan unioni
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