

Individual Dimension

Individual conditions that may relate to the support include the person's age, emotional well-being, personal aspirations and desires, and health conditions.

1. AGE

1. The activities I do are appropriate for my age.			
2. My support asks me from time to time if I like the activities I do. My support helps me change the activities I do, if needed.			

2. HOME (Sense of belonging)

3. I am at ease living where I live and feel it is my home.			
4. I decorate and arrange the furniture in my house as I like.			
5. I can invite whoever I want, whenever I want to my house.			
6. If I want, I can have pets at home.			
7. I can decide who I want to live with.			
8. I have fun doing activities at home (cooking, reading, handicrafts, watching TV...)			
9. I know who has the keys to my house.			
10. I agree that someone else has the keys to my house.			
11. I've decided who I want to have the keys to my house.			
12. My support helps me decide the things that have to do with my home.			
13. I can choose who I want to support me in the home.			
14. It is I who decide what things I want to receive support for.			

🏠 2. HOME (Organization/Planning)

15. I decide when to do the housework.			
16. I decide what support I need when doing household chores.			
17. I decide if I need someone to help me organize my diet.			
18. I decide if I want someone to help me on issues related to personal image (dress, hairstyle, beard, makeup, etc.)			
19. My support helps me, if I ask, to decide how to organize my home.			
20. I decide if I want my support to help me tidy up my house.			
21. The support person proposes things to me that they can help me with and I decide if I want them to help me or not.			
22. I decide how to distribute my money and how to spend it.			
23. I receive help from my support to understand the operation of the contracts (telephone, apartment rental), telephone, electricity, water bills.			

❤️ 3. HEALTH

24. When I have to take medication, I know when to take it and why I take it.			
25. If I need it, my support helps me learn how and when to take medication, so I can do it alone.			
26. I decide if I want to be accompanied to the doctor or not.			
27. I can decide who I want to see the doctor with.			
28. The person accompanying me to the doctor does not enter the office if I do not want them to.			
29. I can decide whether or not I want to follow any medical treatment.			
30. My support guides me on medical issues.			
31. I experience my intimate relationships the way I			

want.



32. If I ask, they give me information about sexuality.



33. I decide on issues related to my health and get the help I need when I ask for it.



4. EMOTIONAL WELL-BEING

34. I can explain how I feel and ask for help if I think I need it.



35. I think my support helps me explain how I feel.



36. I receive emotional support from the support person when I ask for it.



5. PERSONAL PROJECTS

37. My support helps me define personal goals.



38. Occasionally I review my individual plan with the support person and set new goals if necessary.



39. They give me (or help me get) the support I need to try to get what I want.



40. My support encourages me and helps me to take care of myself when I want to start a new activity.



6. LONELINESS

41. I feel I can talk to the support person if I feel lonely.












42. My support helps me find ways not to feel lonely.



INTERPERSONAL DIMENSION

Includes interpersonal relationships that are established with different groups: with professionals, with the family, with friends, with colleagues, and with the partner.

7. RESPECT

43. I feel listened to and respected by all the people I relate to.			
44. I receive guidance and/or training that helps me understand that I have the right to be respected by others.			
45. The support person helps me learn how to tell other people what I mean without making them angry.			










8. RELATIONS WITH PROFESSIONALS

46. I have a good relationship with the support person			
47. I feel respected by support professionals			
48. I feel respected by all the professionals I have to relate to (educators, social workers, doctors, psychologists, etc.)			
49. They guide me and prepare me to understand that I have the right to be respected by any professional with whom I relate.			

9. RELATIONS WITH THE FAMILY

50. I can choose if I want to receive support to relate to my family.			
51. If I need it, support helps me in my relationships with my family.			

10. RELATIONSHIPS WITH COLLEAGUES/FRIENDS

52. My support helps me learn that colleagues and friends should respect me.			
53. I feel that my support helps me when a colleague or friend has lacked respect.			
54. My support knows who my friends are.			

55. My support knows whether or not I feel comfortable with the friendships I now have.			
56. I can choose whether I want to receive support or help relating to colleagues and friends.			
57. I can talk to my support about my friends when I need to.			
58. If I need to, my support helps me manage my friendships (remembering dates and times we agree to meet, remembering to send messages...).			
59. I can talk to my support when I have problems with my friends and colleagues.			
60. Sif I ask, my support helps me when I have a problem with friends.			
61. The support person helps me meet new people.			

11. RELATIONSHIPS AND LIFE AS A COUPLE

62. I receive training and guidance on the importance of respecting and being respected by my partner.			
63. My support knows, because I want it, how it's going with my partner.			
64. My opinion on whether or not I want support when engaging with my partner is taken into account, and what support I want.			
65. I make my decisions about my relationships with my partner and about my life project as part of a couple.			
66. If I need it, I am helped and guided in order to improve relations with my partner.			
67. If I ask, my support guides me on how to care for and bring up my children.			
68. I can talk to my support about any issues I have with my partner.			
69. I think my support can guide me when I have a problem with my partner.			

12. NEIGHBOURHOOD RELATIONSHIPS (neighbours of the community and the street and neighbourhood)

70. My opinion is taken into account regarding the			
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support that I want to relate to my neighbours (from the community, from the neighbourhood...).



71. I receive training and guidance that helps me understand that neighbours must respect me.



13. ONLINE SOCIAL MEDIA

72. I receive information and guidance to learn how to use online social networks.



73. They prepare me and guide me on what the problems linked to the use of online social networks are.



ORGANIZATIONAL DIMENSION

The organizational dimension refers to the organization that offers support to the person, and contemplates institutional approaches and actions in accordance with these approaches; the distribution of support and its evaluation by the organization.

15. DISTRIBUTION OF SUPPORT

74. I was told very clearly what the support consists of, before I started receiving it.			
75. I was able to ask questions about the support and all the questions I had before I started receiving it were resolved.			
76. I was asked if I agreed to receive the support.			
77. I said I agreed to get the support.			
78. The support person is always the same person.			
79. I decide when I want to get support and on what things.			
80. Over time, things can change for those that support me.			
81. I know well what my support plan is and I understand well what is written there.			
82. I signed a written document saying that I agreed to be supported.			
83. I can decide how long I want to have the support.			
84. I can change the support person if I don't like them.			
85. I know how to do this in order to communicate suggestions or complaints.			

16. EVALUATION OF SUPPORT

86. I participate in the assessment of the support I receive.			
87. The service professionals ask me my opinion about the support.			

At what times were you asked for your opinion on the support you receive?

88. My opinion serves to improve the service.



89. They inform me about the changes and improvements made in the support service.



COMMUNITY DIMENSION

This dimension includes the analysis of the relationship of the person with the neighbourhood or territorial area where he/she lives, the cultural and leisure activities he/she carries out, the citizen participation, the transport necessary to move freely around the community and to be able to develop the desired activities, and the information and communication technologies linked to personal needs.










17. NEIGHBOURHOOD/AREA WHERE THE PERSON LIVES

90. I like the place where I live and it's what I expected.			
91. I was able to choose the area where I live and the place where I live.			
92. I received information from support about the neighbourhood, the house, the transportation..., and this helped me decide if it was where I wanted to live.			

18. LEISURE/CULTURE

93. My support knows what leisure and cultural activities I do.			
94. My support knows what leisure or cultural activities I would like to do.			
95. My support helps me find leisure or cultural activities that connect with my interests.			
96. My support helps me in what I want or need in order to participate in leisure or cultural activities.			
97. I participate in leisure activities that are not organized by the service that offers me support.			
98. My support helps me to organize myself to carry out the activities I do (for example, it helps me to know what I have to put in my suitcase if I go on a trip, or what material I have to have ready for the day I do basketball...)			

19. CITIZEN PARTICIPATION

99. My support knows what volunteering activities I do.			
100. My support guides me on what volunteering tasks I can do according to my interests.			
101. My support helps me so that I can participate in associations or groups or entities that interest me.			

102. I participate in volunteer activities outside of the support service.			
103. My support gives me information about my right to vote.			
104. My support informs me about what is being voted on, the place of voting, dates, election campaign events, etc.			
105. My support informs me about the groups working in the defence of human rights.			
106. They support me so that I can participate, if I want, in groups that work for the defence of rights.			

20. TRANSPORT

107. My support provides me with information on transportation possibilities based on my travel needs.			
108. If I need it, they accompany me when I have to travel or use some transport.			

21. INFORMATION AND COMMUNICATION TECHNOLOGIES

109. My support knows what help I need to use my mobile phone, computer, tablet, and other tools.			
110. I get information about how to use my mobile phone, computer, tablet, and apps based on what I need.			
111. They guide me on what to do if it breaks or I have problems with my mobile phone, computer, tablet, etc.			