

Town Sea and Country - Shared Lives Holidays and Breaks Holiday Checklist

Some things to think about when planning a holiday break:

- ✓ Doing something you've **always wanted to try**
- ✓ Doing something **you really like** doing but don't always get the chance
- ✓ **Learning** to do **something** new
- ✓ Meeting **new people**
- ✓ Meeting and visiting people you know (such as **friends** and / or **family**)
- ✓ Going to **special events** such as football matches or music concerts
- ✓ What things there are **near to the place** where you would be staying
- ✓ Which days you want to be on holiday, maybe **weekends** or **weekdays**
- ✓ What **time of year** you want to go and **how long** for
- ✓ What kind of **accommodation** you might be using
- ✓ What matters about **the area** you are going to such as; a beach; or shops
- ✓ What's important about **transport**, how you will travel there and back and get around during the break
- ✓ What **support** you might need from others to help you enjoy the break
- ✓ **Anything else** that is **important** for you during your break

It might also help to think about previous short breaks:

- ✓ Things that have **gone well** with previous holidays / short breaks
- ✓ Things that **went wrong** with previous holidays / short breaks
- ✓ Any **worries** about what might go wrong and ways these **can be avoided**
- ✓ **What** kind of **support was needed** during the holiday break and **when**
- ✓ Other **things that need to be planned** for eg money, health issues
- ✓ Things you need to take with you and any **specialist items** or equipment
- ✓ Anything else **important** that happened **during a holiday break**