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| **Name** |  |
| **Outcome** |  |

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| **Areas to consider**  **(support sequence)** | **Ideas to explore and actions to take** | | |
| **Can we help you increase your confidence, knowledge or skills in relation to this problem?** | Ideas to explore | | |
| Who | Will do what | By when |
| **Could technology help?** | Ideas to explore | | |
| Who | Will do what | By when |
| **Could family and friends help?** | Ideas to explore | | |
| Who | Will do what | By when |
| **Are there community resources or universal services that could be useful?** | Ideas to explore | | |
| Who | Will do what | By when |
| **What can the Wellbeing team do?** | Ideas to explore | | |
| Who | Will do what | By when |