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| セルフプラン（わたしのこと） |  | 平成　　　年　　　月　　　日 |

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|  |  |  | 明治・大正  昭和・平成 | 年　　月　　日(　　歳) |
|  |  |  |  | |

１．の（やまい、っているなど）

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| ① | ②っている（やクリニック） | |
| ●まい | //うなど | |
| □  □グループホーム  □  □ |  | |
| ●にんでいる | ③っている（や） | |
| □　□　□  　□　□　□  　□その |  |  |
| □  □  □  □その |  |
| ●りになるや、の | ④（びにくところや） | |
| □　□　□  　□　□　□  　□その |  | |

２．わたしについて（得意なことや、がいや、など）

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| なこと | ※ごにごください |
| がい | □がい　□がい　□がい　□　□ |
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|  | □　□・　□おくすり　□そのになること |
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| の  サービス | □がいサービス　□　□　□　□ |
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| セルフプラン（やっていること、サービスのこと） |  |  |  |  |  |  |

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| ① | ⇒ | 優先順位 | ② | | | ③ | | ④ | | ⑤ | | | ⑥ |
|  | っていること  やってみたいこと | | | サポートしてほしい  ことと | | サポートするや  サービスの・・ | | わたしの | | |  |
| ●いつかはこうなりたい | １ |  | | |  | |  | |  | | |  |
| ２ |  | | |  | |  | |  | | |  |
| ●（1ぐらい） | ３ |  | | |  | |  | |  | | |  |
| ４ |  | | |  | |  | |  | | |  |
| ●いまの（3ヶぐらい） |
| ５ |  | | |  | |  | |  | | |  |
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|  |  | いまの | | | | | | |  | これからの（H　　　　　　から） | | | | | | |
|  |  | 月 | 火 | 水 | 木 | 金 | 土 | 日・祝 | ⇒ | 月 | 火 | 水 | 木 | 金 | 土 | 日・祝 |
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| 6:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 早朝 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 日中 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 12:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 14:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 16:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 18:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 夜間 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 22:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 深夜 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 2:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 4:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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サービスを

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