Date

**Daily Planner**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meeting or activity** | **Time** | **What this is** | **Where I need to go** | **CheckmarkI have been**  **Tick** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Daily Planner**

**Authors**

Janelle Weise1, Bronwyn Newman1, Claire Eagleson1, Karen Fisher2, and Julian Trollor1.

1Department of Developmental Disability Neuropsychiatry, School of Psychiatry, Faculty of Medicine, UNSW Sydney

2Social Policy Research Centre, Faculty of Artsand Social Sciences, UNSW Sydney

This planning sheet is part of a series of easy read resources explaining

* how people can access public mental health services in New South Wales and
* what they can expect.

For information on how to support people to use easy read see [**Making mental health information accessible for people with intellectual disability****– A Toolkit**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_AccessibleInformation_Toolkit_ERv1.pdf)

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