

# Benefits of using Dimensions to support Adults

## **Communication**

- Sharing with someone who can support you
- Working together to think about things differently and find support.
- The Dimensions profile can help you to talk about your support needs with family and friends.

## **Understanding and support**

- Identifying your strengths
- Finding the best support for you

## **Advocacy**

- Expressing how you are feeling to get the support you deserve
- Recognising how well you are doing, even on tough days

“I like the positive focus on my support needs, without relating to a label or diagnosis”

“The Dimensions profile made it easier to talk about what I was going through.”