

Benefits of using Dimensions to support families

As a family, we can create a profile for each of us

- to understand areas of strengths
- where support is needed
- opening the conversation of how we can support each other

- Share the profile with the wider family and friends to share understanding and how they can help.
- Celebrating and recognising how well we are doing

Parent said “I am going to go home and produce a profile for myself and husband so we can understand our needs”



Visual Guide - [Why should families use the Dimensions of Health and Wellbeing?](#)