



## **A Guide to Collecting Pictures**

Picture My Future encourages people with disability to explore their hopes and dreams for the future using pictures. Choosing pictures that represent the people, places and things that are important to them, then organising those pictures according to their wishes allows people with disability to produce a personalised record of their goals and aspirations. Here are some things to think about when talking to a person about collecting pictures for Picture My Future:

- Pictures or objects should be collected and brought to the second meeting.
- Each picture or object should be chosen by the person and not by a carer or support person.
- Each picture or object should be meaningful to the person and represent something important to him or her.
- There are no right or wrong pictures or objects.
- Pictures can be photos taken by the person or old photos from home.
- Pictures can be downloaded from the internet, cut from a magazine, or collected in another way (e.g. a poster or drawing);
- Images can be digital or printed;
- When taking a photo of a person, the photographer must make sure that they have his or her permission.