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STAGE 2 — CHAPTER 10

Getting ready for action • Worksheet 2

Create a draft roster

Creating a roster can be a valuable tool in translating your ideas for your supports into a practical reality. Use this worksheet to create a draft roster and outline the roles (including days/hours per week) you will need from your paid supports.

STEP 1

Use the draft roster template on page 2 of this worksheet to map out your support requirements **A**.

Start with the times that are most critical to you; think about when you need the most help and plan your schedule around that. Use additional paper if necessary.

For some people, this may be focused around getting ready in the morning and then debriefing or making dinner at the end of the day. For others, the focus of a roster may be centred around daytime activities, weekends or working hours.

STEP 2

Refer to your previous worksheets to make sure all your core support needs are covered. In particular:

- » **Create your skills/strength/needs profile** (Stage 1, Chapter 1)
- » **Contributing to the household** (Stage 2, Chapter 3)
- » **'With me' vs 'For me'** (Stage 2, Chapter 4)
- » **Build a plan for your personal supports – health and wellbeing** (Stage 2, Chapter 5)
- » **Prioritising and managing risk** (Stage 2, Chapter 6)
- » **Conduct a skill review** (Stage 2, Chapter 7)
- » **Map your natural supports** (Stage 2, Chapter 9)
- » **Create a summary of your new living situation** (Stage 2, Chapter 10)

If you find any areas where your regular supports have not been accounted for in your draft roster, add them in now.

Note: While this roster is most relevant to regular paid supports, it can be useful for some people to include the natural supports they have in place that help them maintain their regular routines.

My Draft Roster:

A

Morning

Afternoon

Night

[illegible]

STEP 3

Consider – are there any support needs that don't fit into this weekly view (i.e. things that come up less often but still need to be planned for)? For example, you may need help to visit a dentist several times a year. This wouldn't go in your weekly roster, but it could be a part of the job for someone who joins you on your regular shopping trips.

Write these tasks or activities down in the table below **B**.

For each item, specify if this is something you want someone to do 'with' you or 'for' you **C**.

If possible, identify where this task might align with some of your regularly rostered support **D**.

B <i>Occasional Tasks/Activities</i>	C <i>'With me' or 'For me'</i>	D <i>Does this align with any of your regularly rostered support? If so, what?</i>

STEP 4

Considering your draft roster – in the table below, create a summary of your support roles and the days/hours per week that might apply to each role.

Summary of support roles

<i>Support Role(s) Description</i>	<i>Days/Hours per week</i>

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Support Role(s) Description	Days/Hours per week

