



Build your support team

The first step in building your support team is to reflect on the people you have in your life and the support that you need from this core group. Use this worksheet to map out the ways that you want your support team to help you and the people you want to be in this team.

- STEP 1
- Think about all the people who have helped you navigate change or challenges in your life. Help can come in many forms so; for this exercise, think about the people who have acted as **advisors**, **advocates** or **actioners** in your life.

List these names in the table below **A** and write the ways that they have supported you **B**. Use additional paper if necessary.

<div>A</div> <div>People who have helped you navigate change or challenges (past or present)</div> <div>i.e. advisors, advocates and actioners</div>	<div>B</div> <div>How they supported you</div>

STEP 2

Think about the people you know who are not your core supporters yet, but who you might like to have on your team as you navigate this change in living situation (and onwards into the future).

These may be people with whom you have a connection but do not have regular contact and who have skills that could help you.

List these names in the table below **C** and write down the ways you may like them to support you **D**. Use additional paper if necessary.

C People you know who could become an advisor, advocate or actioner	D How they may be able to support you

STEP 3

Think about the support you are likely to need to navigate this change in living situation. Write these down in table **E** on page 4 of this worksheet.

If you are unsure, refer to the **'Roles of a support team'** section in **Gathering your supporters** (Stage 1, Chapter 1) for some ideas of help you might need.

E	
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STEP 4

Considering your answers in Steps 1 and 2, write down the people you would like to have on your support team at this time in table **F** on page 4 of this worksheet.

If this list includes people who are not currently on your team (i.e. from your list in Step 2 above), circle these names. You will come back to them in Step 7.

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STEP 5

For each of the types of support you have listed under **E**, draw a line to the name(s) of the person(people) you would want to be providing that support **F**.

For example, if your support team include your parents and a trusted support worker, you may want your parents to support you with financial decisions, whereas your support worker could fulfil the role of advocate and practical help in arranging visits to potential rental properties. In this case, draw a line to connect your parents to financial decisions and another to connect your support worker with both advocacy and practical help.

Example:

Financial decisions	Parents
Advocate	Trusted support worker
Arranging visits to view properties	

E

Help I need from my support team

F

People I want on my support team

STEP 6

Ask yourself: do you have enough support on your team?

If you decide the answer is no, it may be worth:

- going back to Steps 1 and 2 above. Are there people in your life you haven't considered as potential supporters?
- looking at whether there are external services or providers you could use to support you while you build on your natural supports (see Stage 2, Chapter 9: **Building natural supports in your community**)

STEP 7

If you circled names in Step 4, write these down in the table below, along with what you would like them to help you with. Set actions for when and how you will ask for them to join your team.

Potential supporters	How you would like them to support you	Action Plan i.e. who will contact them, how and when