



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.

	F
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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



Create your skills/strengths/needs profile

As you work through the upcoming chapters you will be asked to consider the specifics of your situation and apply suggested approaches to your planning. Use this worksheet to build your own customised profile that you can use to guide your thinking throughout this process

In this worksheet you will be asked to list your skills, strengths and support needs:

- » **Skills** – things you have learnt to do through education, training and practice;
e.g. you might have worked on building your communication skills so that you can have more confidence speaking to different people.
- » **Strengths** – things that you are naturally good at or comfortable with.
e.g. if you have always been confident talking to people, you might consider communication to be one of your strengths.

» **Support Needs** – focus on your disability-related needs that other people might not be aware of. Consider things that happen every day as well as things that only happen at certain times of the year or unpredictably.

Note: It doesn't matter if you don't have all the answers at the start. It is common to identify things you didn't think of before as you work through the coming chapters. You will be prompted to come back to update this worksheet at several stages. We encourage you to consider this worksheet a 'living' document so it remains a true representation of who you are and where you are at on your journey.

STEP 1 For each of the sections in the table below, list your skills, strengths and support needs. Use additional paper if necessary.

Personal Care e.g. showering, dressing, cutting nails		
Skills	Strengths	Support Needs

table continues on next page...

table continues from previous page...

Household Tasks

e.g. laundry, chores, cooking, shopping

Skills

Strengths

Support Needs

Finance and Life Admin

e.g. bills, making appointments

Skills

Strengths

Support Needs

Out and About

e.g. transport, activities, work

Skills

Strengths

Support Needs

table continues on next page...

table continues from previous page...

Social

e.g. friendships, family, communication

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>

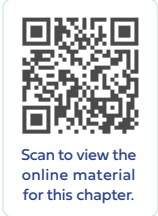
Adapting / Problem-solving

e.g. when things go wrong, or when the unexpected happens

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>

Other

<i>Skills</i>	<i>Strengths</i>	<i>Support Needs</i>



Define your values and priorities

When planning for a change in living situation, one of the first and most important tasks you can do is to communicate your values and priorities with your support team. By sharing the things that matter to you the most, alongside the vision of the life you are trying

to build, your core supporters will be better able to help you towards achieving your goals. Use this worksheet to create a broad picture of your values, priorities and your vision for your new home.

STEP 1 Thinking about the way you feel (or want to feel) in your home, complete the sentences below.

Note: It may be relevant to write multiple answers in each box. Use additional paper if necessary.

<i>I feel safe when...</i>
<i>I feel unsafe when...</i>
<i>My religion/culture/identity is respected when...</i>
<i>My religion/culture is disrespected when...</i>
<i>I feel independent when...</i>
<i>I don't feel independent when...</i>

table continues on next page...

table continues from previous page...

I feel connected with others when...

I feel isolated from others when...

I feel fulfilled when...

I feel unfulfilled when...

I feel motivated when...

I feel unmotivated when...

I feel supported with my disability when...

I don't feel supported with my disability when...

I feel supported with my goals when...

I don't feel supported with my goals when...

table continues on next page...

table continues from previous page...

Use the space below to share any other factors that impact your sense of wellbeing which your support team should be aware of:

I feel...	When...
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STEP 2

Consider the things you have experienced in your home (current or past) that have made you feel good or bad about your living situation. List what you have liked or disliked in the table below. Use additional paper if necessary.

For example:

when considering routines around the house, you may have liked having a set schedule and clear expectations but not liked when people pestered you to get your jobs done,

or,

when considering people and relationships, you may have learnt that seeing your mum and getting to talk to her in person makes you feel safe and connected, but that you don't get the same feeling of connection when you talk to her on the phone.

	Liked	Disliked
People e.g. the people you live with, the people who work in or visit your home		

table continues on next page...

table continues from previous page...	Liked	Disliked
Relationships e.g. the ways that you connect and/or spend time with people		
Routines e.g. chores, morning/evening routines		
Culture, values and personality traits e.g. how you express yourself, values you want reflected in your home		
table continues on next page...		

table continues from previous page...	Liked	Disliked
Physical space e.g. light, sound, accessibility or green spaces		
Disability supports e.g. specific staff members, rosters or approaches		
Other Any other things that impact your feeling of 'home'		

STEP 3

Reflecting on your answers in Steps 1 and 2 above, use the table on the following page to create a vision for your new home .

STEP 4

Share this worksheet with your support team so that they will be better able to help you towards achieving your goals.

A Vision For My New Home:

<div>A</div>	<p><i>People:</i></p>
	<p><i>Relationships:</i></p>
	<p><i>Routines:</i></p>
	<p><i>Culture, values and personality traits:</i></p>
	<p><i>Physical space:</i></p>
	<p><i>Disability supports:</i></p>
	<p><i>Other:</i></p>



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for this chapter.

STAGE 1 — CHAPTER 2

Exploring your 'good life' • Worksheet 2

Create a vision for your future

There are many decisions you will make as you plan for a change in living situation. By having a longer-term plan in place before you start, you will be able to make intentional choices that take you closer to achieving your long-term vision.

If you are creating a self-directed plan (i.e. you are not using an external provider) use this worksheet to create a vision of what you want your life to look like in the future.

STEP 1

Decide on how far into the future you are looking. Write this in the heading of the table on the following page **A**.

Note: We recommend planning for 10 years from now, but if imagining the future feels difficult, print out additional copies of this worksheet and start with one, two or five years. The goal here is to find a timeframe that allows you to freely imagine what is possible, even if that picture is different to your current situation.

STEP 2

In each of the boxes of the table, brainstorm what your life might be like, that many years from now. Use additional paper if necessary.

STEP 3

Considering your answers in Step 2, highlight the elements of your brainstorm that are your highest priorities.

These will be important to keep in mind as you plan your new living situation.

STEP 4

Share this worksheet with your support team so that they will be better able to help you towards achieving your goals.

A

A Vision For My Future, years from now:

<div><div>Home</div><div>What will 'home' be like for you? i.e. location, set-up</div></div>
<div><div>Activities</div><div>How will you spend your days? e.g. work, volunteering, activities, hobbies</div></div>

table continues on next page...

People

Who will be the significant people in your life?

This could be specific people you can name, or roles that you want someone to have in your life, e.g. a partner, a great group of friends.

Health and Wellbeing

What will your health and wellbeing be like and how will this be supported?

i.e. general health, mental health, systems to support feeling well



Define your decision-making preferences

There will be many decisions to be made between now and when you are settled in your new living situation. Your support team are there to help you through this process, but everyone approaches decision-making differently, so it is important that you communicate your preferences clearly.

Use this worksheet to create an outline of the things that help you, and the things that don't, and the principles you want to guide your support team when it comes to decision-making.

- STEP 1
- For each of the categories in the table below, write down:

 - » the things that help you with your decision-making
 - » the things that don't help you with your decision-making

Use additional paper if necessary.

	Things that help	Things that don't help
Information e.g. how the information is presented, who gathers the information		
People e.g. who is involved, who you can talk to		

table continues on next page...

table continues from previous page...	Things that help	Things that don't help
<p><i>Timelines/Urgency</i> e.g. an urgent deadline vs time to consider your options</p>		
<p><i>Type of decision</i> e.g. 'big' vs 'small', related to a particular topic</p>		
<p><i>Overwhelm/personal factors</i> i.e. what causes you to feel overwhelmed and what helps/ doesn't help when you are?</p>		
<p><i>External factors</i> e.g. other things that are happening in your day/week</p>		

table continues on next page...

STEP 2

Consider any specific situations where decision-making could become difficult. If you have a clear idea on how you would like that situation handled, write it down in the table below using the format:

When [*something happens*] **A** , **I want** [*what you want to happen*] **B**

For example:

'When I am overwhelmed and can't make my decision, I want the decision to go on 'pause' until I have had time to consider my options.'

or

'When I am overwhelmed and can't make my decision, I want my mum to decide for me.'

Note: There may be multiple scenarios that you want to outline here. Use additional paper if necessary.

A When...	B I want...

STEP 3

Share this worksheet with your support team and discuss:

- » what decisions you want help with
- » who you want to provide that help
- » how you want to be involved, if you are delegating decision-making to others
- » what rules or systems you want to guide the decision-making processes.

STEP 4

Based on your discussions in Step 3, write down your decisions **A** and chosen rules/ strategies **B** in the tables below. Use additional paper if necessary.

A	Decisions I want help with	Who will provide that help	How I want to be involved (if you are delegating decision-making to others)

Note: It is likely that the way you approach decision making will evolve as you move through this process, encounter new considerations and adapt to the path ahead.

Coming back to review this worksheet with your support team regularly will ensure it is up to date with the way you want to approach decision-making.

Sometimes working through these stages helps identify things you didn't think of before.

If completing this task helps you see something is missing from your previous worksheets, go back and update them now.



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STAGE 1 — CHAPTER 4

Engaging government and community supports • Worksheet 1

Create an action plan (engaging supports)

Use this worksheet to create an action plan for how you and your support team want to navigate the process of engaging government or community supports.

STEP 1

Think about the government or community supports that are relevant to your situation.

List these in the first column of the table on page 2 of this worksheet **A**, then write the organisation responsible for this support in the second column **B**. Use additional paper if necessary.

STEP 2

For each support option, consider the actions that you need to take. List these in the third column **C**.

This could include actions such as researching online, making a phone call or collecting information for an application.

STEP 3

For each action from Step 2, allocate the person who will be responsible for making this happen **D** and a timeframe for when it should be done by **E**.

STEP 4

Decide on how you intend to monitor the progress of this action plan.

This could be regular meetings with your whole support team, or check-ins with key people as various stages progress.

Write this down in the table below, including your next check-in date (optional) **F**.

F

How do you plan to monitor the progress of this action plan?

e.g. 'monthly meetings with key members of your support team'

Date of next check-in:
(optional)

My Action Plan for Engaging Supports:

A	B	C	D	E
Supports I am interested in	Organisation	Actions to take	Who is responsible for the action?	When will the action be done?
Support option 1				
Support option 2				
Support option 3				