



Planning Booklet



Planning Area 1: **Building my group of supporters**



Don't forget!

Make sure you save your work by downloading and saving this PDF to your own computer before you write in it.

People in my family who know me well

Who in my family loves me and knows me well, or shows an interest in getting to know me better?

Think about who knows you well in your family, and in your extended family. Sometimes there are people who have shown an interest in you but haven't had the chance to get to know you better. They might also be good people to invite to help you to plan.

Fill out the table with anyone you think you could invite to share and contribute to your planning. We have left some blank spaces to write down anyone else.

| Could I invite any of these people? | Write their names here |
|--|-------------------------------|
| My partner | |
| My children | |
| Parents | |
| Grandparents | |
| Sisters and brothers | |
| Aunties and uncles | |
| Cousins | |
| My in-laws | |
| Other extended family | |
| 1. | |
| 2. | |

Friends who know me well

It can be useful to invite friends who know you well to help you to plan. Sometimes people think some people with disability don't have friends, but often people do have friends at school, or at the places they go during the day. You might have a girlfriend or boyfriend who you want to include in your planning process. It is important that your supporters find out about any friends who you would like to be involved in your planning.

Which of my friends know me really well?

Fill out the table with anyone you think you could invite. We have left some blank spaces to write down anyone else.

| Could I invite any friends from places like | Write their names here |
|---|-------------------------------|
| School, TAFE or college? | |
| Work? | |
| Sports places I go, for example football, or basketball? | |
| Special interest places like bowling, model train club or yoga? | |
| Community places like church? | |
| Other places I go often, like my local cafe or the library? | |
| My Facebook page or other social media? | |
| 1. | |
| 2. | |
| 3. | |

Paid people who know me well

Sometimes you can develop a close relationship with people who are in a paid role, for example support workers, therapists or co-ordinators. It is ok to invite these people to help you to plan alongside your friends and family if you want to.

Who in a paid role knows me well?

Fill out the table with anyone you think you could invite. We have left some blank spaces to write down anyone else.

| Could I invite any of these people? | Write their names here |
|---|------------------------|
| Teachers, education assistants or other staff at school | |
| Support workers | |
| Service co-ordinators | |
| Therapists | |
| Social worker or psychologists | |
| People who provide support around the house, like cleaners or gardeners | |
| Staff from other organisations, such as advocacy agencies | |
| 1. | |
| 2. | |
| 3. | |

People from my past

Sometimes we don't keep in touch with people we used to know. People from our past might like to reconnect with us. If there is somebody you haven't seen for a long time, you might want to contact them and invite them for a coffee.

Are there people from my past I'd like to see again or who I liked and who liked me?

Fill out the table with anyone you think you could invite. We have left some blank spaces to write down anyone else.

| Could I invite any of these people? | Write their names here |
|---|------------------------|
| Friends from school | |
| Past teachers or education assistants | |
| Friends from other places where I was part of a group | |
| Former support workers | |
| Family members I have lost touch with | |
| Friends I don't see often | |
| Neighbours | |
| 1. | |
| 2. | |
| 3. | |

I'm finding it hard to think of people

Sometimes people can feel like they are alone. That doesn't mean things have to stay that way. You can start by inviting a group of people together who are interested in getting to know you. You might want to ask somebody to help you to create your support network. This could be a family member, a friend or a paid facilitator.

Is there anybody from any of these areas?

Fill out the table with anyone you think you could invite.

| Could I invite any of these people? | Write their names here |
|---|------------------------|
| Members of a group who share my values and beliefs, for example my local church, or environmental centre. | |
| Members of a club who share my interests, for example my local footy club or community music group. | |
| In the community and who have shown an interest in me - for example at the cafe, the library, or the recreation centre. | |
| Teachers or therapists. | |
| Professionals who work in the disability/ mental health area. | |
| Business people. | |
| Interested in politics and social justice. | |
| Retired. | |
| Neighbours. | |
| Friends of my parents, brothers and sisters, or other people I already know. | |

If you are still finding it hard to think of people to invite, here are two ideas:

a. Idea One:

What about asking someone you know “Who do you think I could invite?” and see what they say.

If you like this idea, write down the name of the person or people you are going to ask.

b. Idea Two:

What will it take to have just one more person join you? Write down your ideas.

After doing this, are there still things you think will make building your group of supporters hard to achieve?

List them in the table on the next page. Then you can think of at least two things that would change this. Lastly, look at your ideas and think about any that you or someone in your network can do something about.

| <p>Are there things I still think will make this hard to achieve?</p> <p>Use this column to write them down.</p> | <p>Write down possible ideas that might help. They can be big or small.</p> | <p>From your ideas, are there any that you (or someone you know) can do something about?</p> <p>Write them here.</p> |
|--|--|--|
| <p>Example: I am concerned people are just too busy and won't be able to do it.</p> | <p>Example: See if someone else can ask people instead of me Ask people to come to just one meeting and explain it more then Talk about my concerns with someone and see what ideas they have Start with just one person</p> | <p>With support I can do all of these.</p> |

Now it's your turn.

| <p>Are there things I still think will make this hard to achieve?</p> <p>Use this column to write them down.</p> | <p>Write down possible ideas that might help. They can be big or small.</p> | <p>From your ideas, are there any that you (or someone you know) can do something about?</p> <p>Write them here.</p> |
|--|--|--|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |

Making an Action Plan

Ways to invite my support group.

1. List the people you'd like to invite in the first column.
2. Decide on how to invite them - some options are: Phone, Email or letter, Text, See them, Get someone else to invite them, Facebook or social media
3. Decide if you need help to invite them or not
 - a. If you don't need help, decide when you want to invite the person, then go on to the next person
 - b. If you do need help, what kind? Do you have it? If not, how can you find it?

| Who do I want to invite? | How can I invite them? | Do I need support to invite them? | What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training, peer support, other) | Do I have this type of support? Yes or if No, who can I ask to find it? | When can I do this? |
|--------------------------|------------------------|-----------------------------------|--|--|---------------------|
| Example: Helen | phone | no | - | - | Next Monday |
| Example: Anna | email | yes | Someone to write the email and send it with me | Yes - my sister | Next Tuesday |

Making an Action Plan

| Who do I want to invite? | How can I invite them? | Do I need support to invite them? | What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training, peer support, other) | Do I have this type of support? Yes or if No, who can I ask to find it? | When can I do this? |
|--------------------------|------------------------|-----------------------------------|--|--|---------------------|
| 1. | | | | | |
| 2. | | | | | |
| 3. | | | | | |
| 4. | | | | | |
| 5. | | | | | |
| 6. | | | | | |
| 7. | | | | | |

Making an Action Plan

Organising and carrying out the discussion with my support group.

Now that you know who you want to invite, you'll need to organise a discussion with those people. How prepared and confident do you feel to organise and carry out the meeting? Do you know how to organise the meeting? Do you know what to say? Do you know what to ask for from these people? Fill in the columns you need to below, to help you work out how to make the meeting as effective as possible.

| | I can organise this Yes/No | I need support Yes/No | What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training, peer support, other) | Do I have this type of support? Yes or if No, who can I ask to find it? | When can I do this? |
|---|--------------------------------------|---------------------------------|--|---|---|
| Example: Organising the discussion | no | yes | Support person | No. I can ask my sister who she thinks can help me | I'll see my sister on the weekend |
| Example: Organising what to talk about | yes | - | - | - | I'm going to prepare some notes so I don't forget what I want to say. |

Now it's your turn to make an action plan

| | I can organise this Yes/No | I need support Yes/No | What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training, peer support, other) | Do I have this type of support? Yes or if No, who can I ask to find it? | When can I do this? |
|--|-------------------------------|--------------------------|---|--|---------------------|
| Organising the discussion | | | | | |
| Organising what to talk about | | | | | |
| List any other actions you think are needed to build your group of supporters and what support you need to do this. | | | | | |
| 1. | | | | | |
| 2. | | | | | |
| 3. | | | | | |

Making a Goal

The main Goal of this Planning Area was to help you to think about building your group of supporters. You may now have a list of strategies and actions that can help you do just that!

Now, think about everything you have recorded so far.

Write down the things that have stood out for you in this area?

Now you have finished, you may have a Goal, some Strategies to reach that Goal, and some Actions to get started!