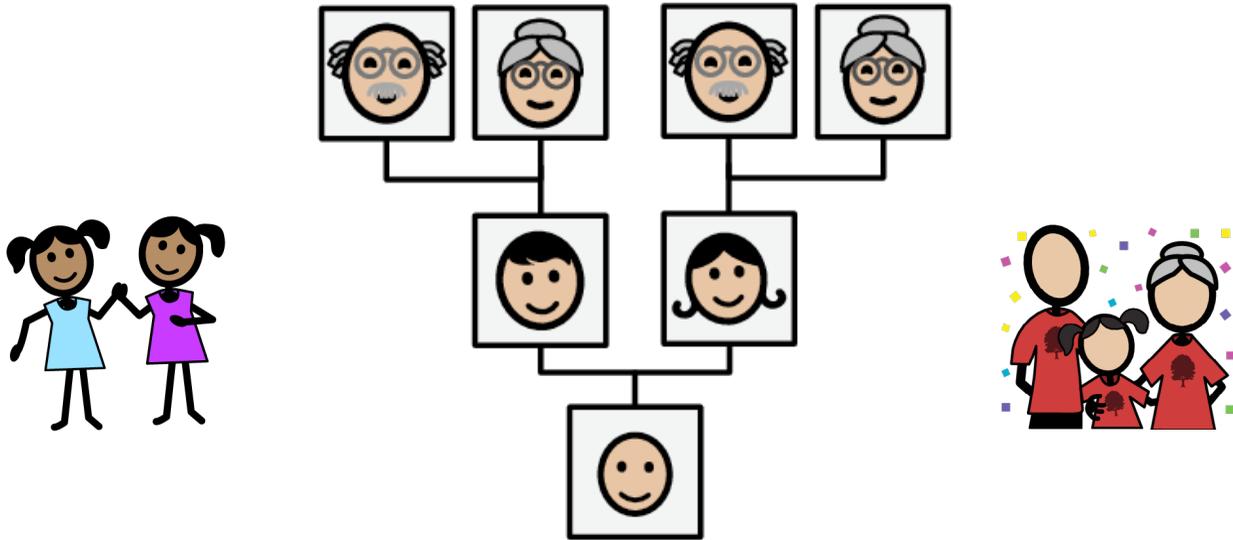




Building your group of supporters

People who know you well and help you with your plan.



**Who in your family knows you well,
or shows an interest in getting to
know you better?**

Who in your family knows you well, or shows an interest in getting to know you 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.

Could you invite any of these people?

parents.

grandparents.

sisters and brothers.

your partner.

your children.

aunties and uncles.

cousins.

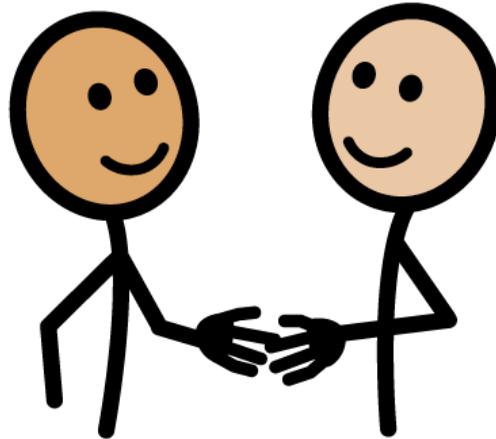
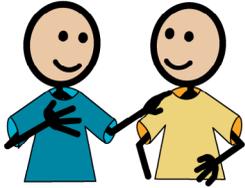
in laws.

other extended family members.

Who could you invite from your family?

Write their names in your planning manual.





Which of your friends know you well?

Which of your friends know you 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.

Could you invite friends from places such as:

school, TAFE or college?

work?

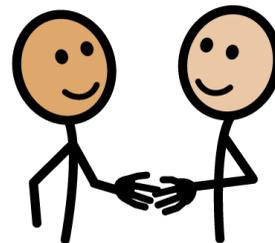
sports places you go, for example football, or basketball?

special interest places like bowling, model train club or yoga?

community places like church?

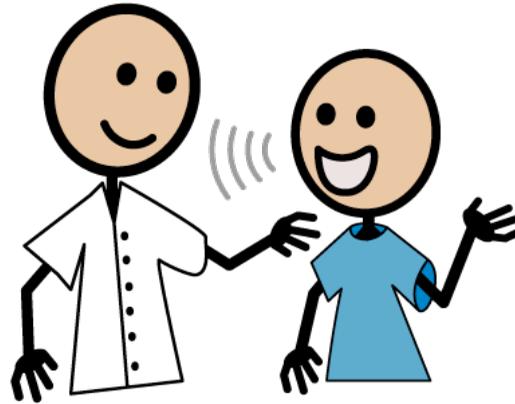
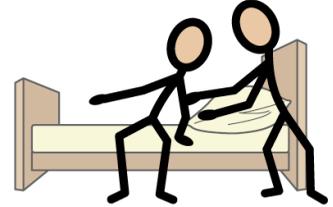
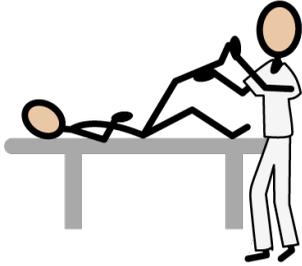
other places you go often, like your local cafe or the library?

your Facebook page or other social media?



Where else might you have friends?

Write their names in your planning manual.



Who in a paid role knows you well?

Who in a paid role knows you 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.

Are there people in any of these paid roles who you might like to invite to support you to plan?

teachers, education assistants or other staff at school?

support workers?

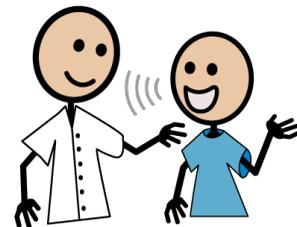
service co-ordinators?

therapists?

social worker or psychologists?

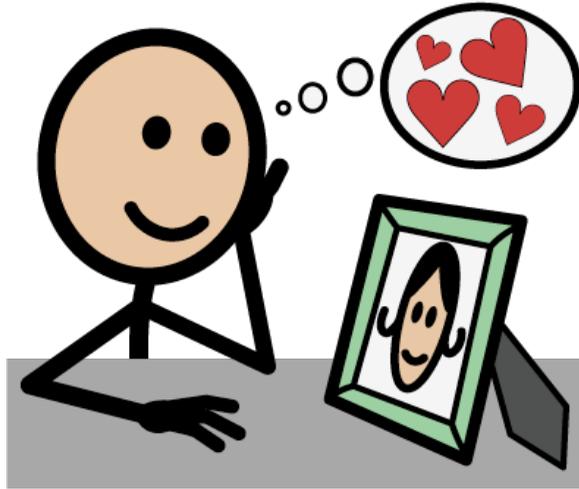
people who provide support around the house, like cleaners or gardeners?

staff from other organisations, such as advocacy agencies?



Who else is in a paid role in your life?

Write the names of people you might like to invite in your planning manual.



Are there people from the past who you would like to see again?

Are there people from the past who you would like to see again?

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.

Is there anybody from the past you might like to reconnect with and invite to be involved in your planning, for example:

friends from school?

past teachers or education assistants?

friends from other places where you were part of a group?

former support workers?

family members you have lost touch with?

friends you don't see often?

neighbours?



Write down the names of the people from your past you might like to see again in your planning manual.



Are you finding it hard to think of people who you can invite to help you plan?

Are you finding it hard to think of people who you can invite to help you plan?

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.

You could think about inviting people who are:

- members of a group who share your values and beliefs, for example your local church, or environment centre.

- members of a club who share your interests, for example your local footy club or community music group.

- in the community and who have shown an interest in you - for example at the cafe, the library, or the recreation centre.

- teachers or therapists.

- professionals who work in the disability area.

- business people.

- interested in politics and social justice.

- retired.

- neighbours.

- friends of your parents, brothers and sisters, or other people you already know.

Who else could you invite to get to know you and help you to plan?

Write your ideas in your planning manual.

