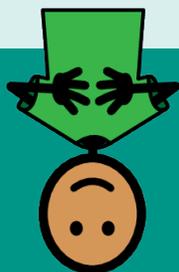


# Understanding Me



## How to use these cards

SymbolStix symbolic language has been used throughout this card set.

[www.n2y.com/products/symbolstix](http://www.n2y.com/products/symbolstix)

You may also find the Preparing to Plan Resource Guide and Card Set produced by WA's Individualised Services useful.

<http://waindividualisedservices.org.au/wais-publications-and-resources>



Government of **Western Australia**  
Department of **Communities**

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**There are seven groups of cards.**

Each group has a question on the header card.



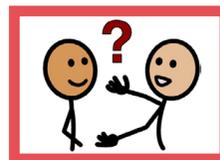
### **All About Me**

Do people know me really well?



### **My Health and Wellbeing**

Do people know how to help me to be healthy?



### **My Communication**

Do I get help to communicate and be understood?



### **My Relationships**

Do I get help for my relationships?



### **My Human Rights**

Are my human rights respected and upheld?



### **My Restrictive Practices**

Have people stopped using restrictive practices with me?



### **My Family and Community**

Does your family and community get good help?

# How to use these cards



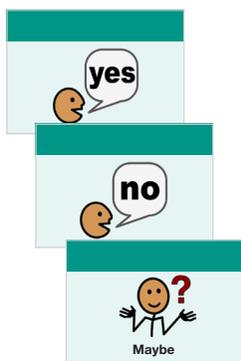
**These cards work best with a group of people.**

The group can include the person and people who know and care about them, like their family, community, friends and service people.



**Briefly tell the group about the person's behaviour that you are thinking about.**

Remember, when a person becomes quiet, sad or withdrawn, that can also be a sign that they need help.



Spread out the **Yes**, **No** and **Maybe** cards.

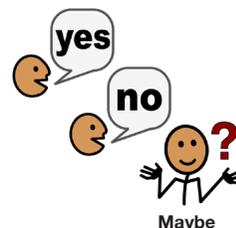


Answer the question on each of the **7** header cards and place on the **Yes**, **No** or **Maybe** pile.



Pick up the cards on the **No** pile. This is what you will focus on for now.

For each header card in the **No** pile, get the rest of the cards of that colour and answer the questions on the front of all the cards in that set.



Place each card in a **Yes**, **No** or **Maybe** pile like you did before.



Gather the cards in the **No** pile. Turn the card over, answer the questions and do the activities.



**With your group**, decide on what you will do differently.

You can **write down** what you have decided.

You and your group can also decide when you will **talk about this again**.

**You can use these cards again, anytime.**