

Understanding Me



How to use these cards

SymbolStix symbolic language has been used throughout this card set.

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.



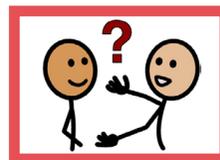
All About Me

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



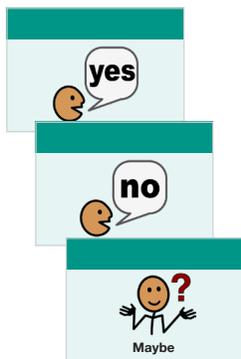
These cards work best with a group of people.

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Remember, when a person becomes quiet, sad or withdrawn, that can also be a sign that they need help.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

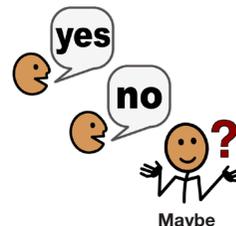


Answer the question on each of the **7** header cards and place on the **Yes**, **No** or **Maybe** pile.



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.