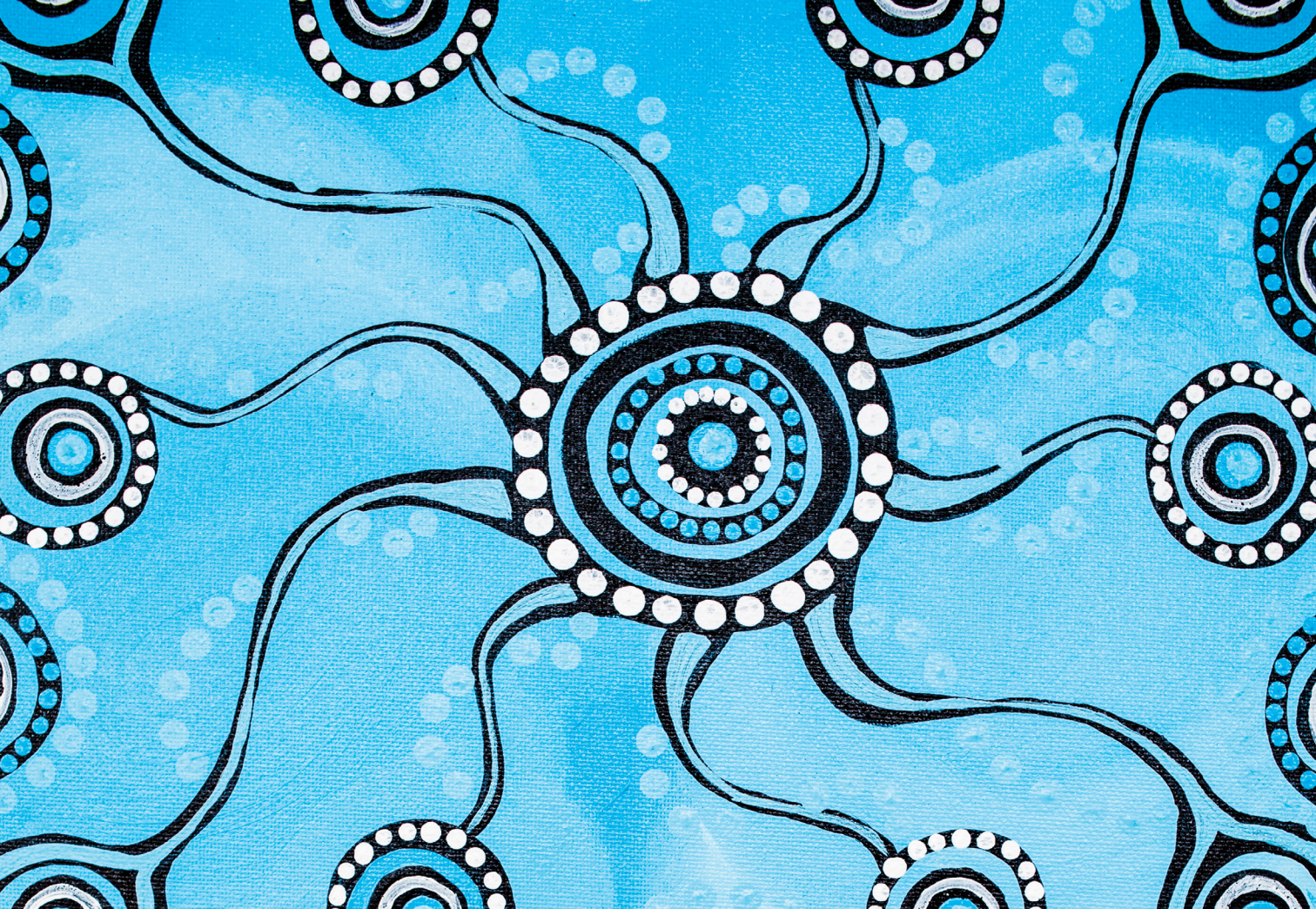


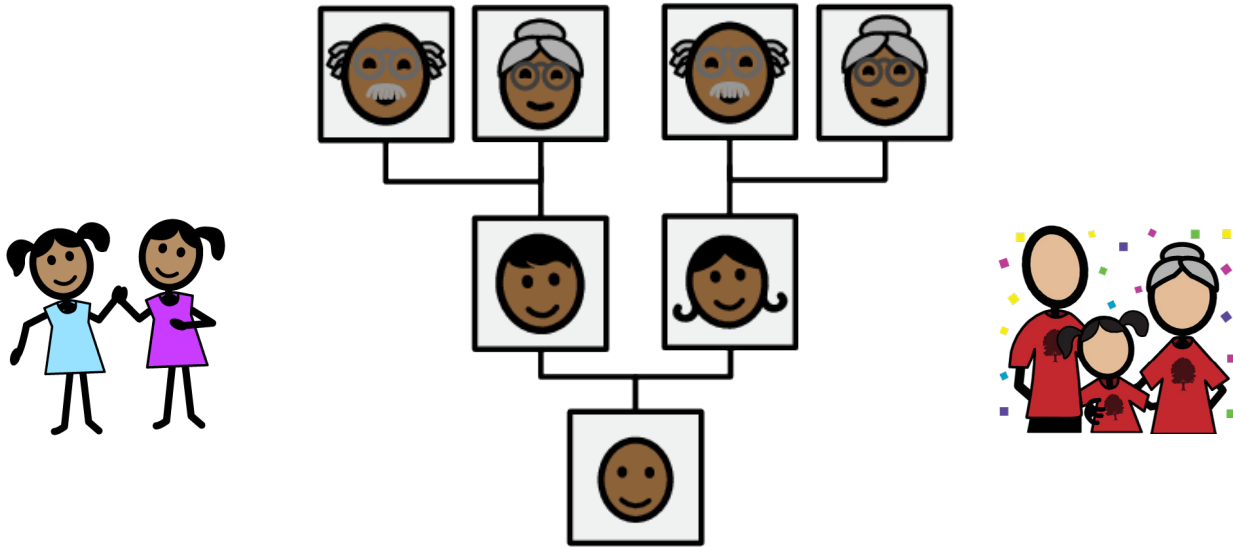


## **Building your group of supporters**

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?

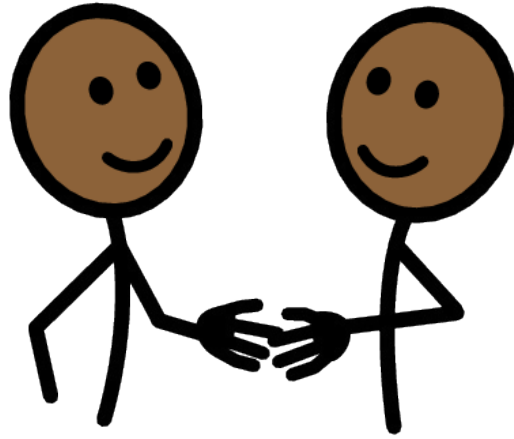
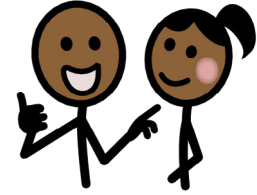
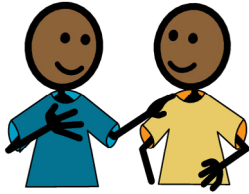
Could you invite any of these people?

- parents.
- grandparents.
- sisters and brothers.
- your partner.
- your children.
- aunts and uncles.
- cousins.
- in laws.
- other extended family members.



### Who could you invite from your family?

Write their names in your planning manual.

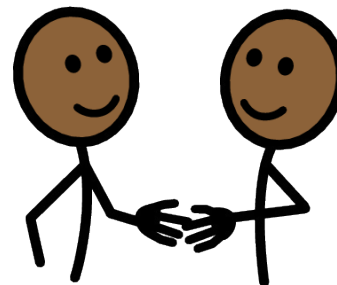


**Which of your friends know you well?**

## Which of your friends know you well?

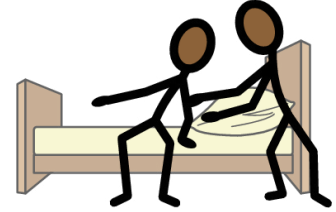
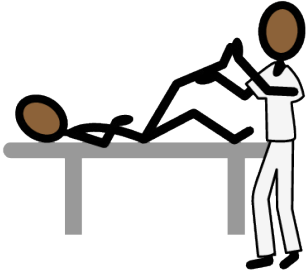
Could you invite friends from places such as:

- 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?

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

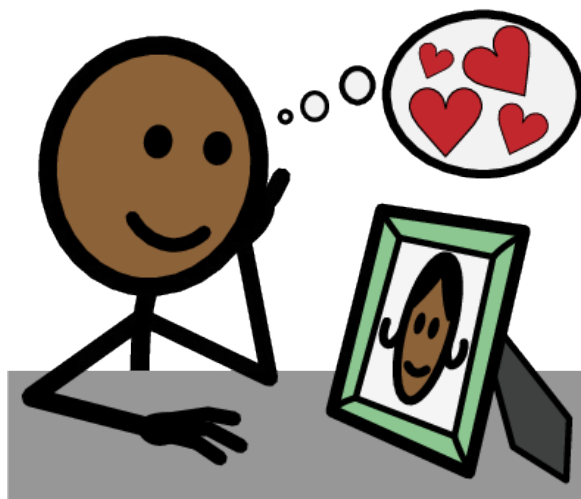
- teachers, education assistants or other staff at school?
- support workers?
- service co-ordinators?
- therapists?
- social worker or psychologists?
- people who provide support around the house, like cleaners or gardeners?
- staff from other organisations, such as advocacy agencies?



## Who else is in a paid role in your life?

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



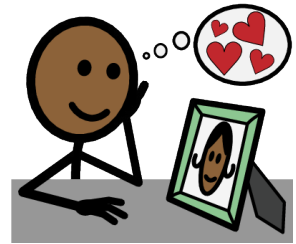


**Are there people from the past who  
you would like to see again?**

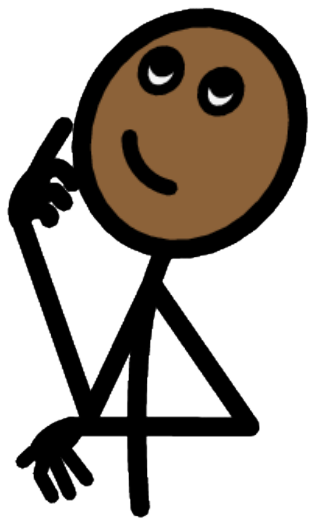
## Are there people from the past who you would like to see again?

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.**

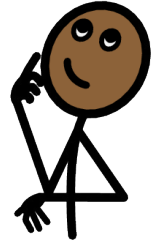


**Are you finding it hard to think of people who you can invite to help you plan?**

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

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.