My name:

Workbook 3

My Support Journey

This workbook is a great resource to help you and others learn more about your support goals.

ABOUT ME
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Contents

How To Use This Book

This activity book can be used to assist you to:

- look at the things you are good at and enjoy doing
- identify what works well within your current supports OR what good support looks like
- think about areas you want, or may need, to further develop, and
- to be more comfortable in communicating the supports /how you would like to receive care.

If you need further assistance...

Phone: 1300 242 827 (Freecall)
Email: enquiries@aboutmeplus.com.au

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My Support Goals

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Your support goals

Communicating your support needs can sometimes feel overwhelming.

Setting your support goals, thinking about strategies for achieving them, and writing these down is important and can help you if you are:

- being assisted by a family member, friend or other caregiver
- providing support to others
- being assisted by disability support providers in your home or to access the community.
- if your circumstances or support needs have recently changed.

Understanding what type of support you need and how you would like to be supported is important. Being able to communicate your needs and advocate for yourself can avoid stress or frustration, and empower you to speak up when something isn't right.

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Activity 1: Tell us more about your home environment

Think about who you live with. Do you have any pets? What type of housing do you live in i.e. supported independent living, private residence. Do you have support workers onsite all the time? Do you live with or in the same complex as others receiving support?