

INSTRUCTIONS

Record specific information and instructions to give carers and support workers an understanding of what is important to you.

TO COMPLETE 4.2

MY SUPPORT

What activities can a worker support you with to make you feel most like yourself?

(e.g. showering myself, feeding myself, choosing my clothes, going to bed when I feel like it, etc.)

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What kind of ongoing interaction would you enjoy with your support workers?

(e.g. having a laugh together, being 'up beat', calm, sincere, encouraging, hopeful, trustworthy, etc.)

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How can a worker best show their concern for you if you are upset?

(e.g. sitting next to me, touching my shoulder, holding my hand, making eye contact, etc.)

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What actions would you find disrespectful or uncomfortable from a worker?

(e.g. personal space requirements, cultural taboos, ways to speak to you, etc.)

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