

**Deciding
With
Support**



Do I want to change my plan? Workbook Supporter Guide

The *Do I want to change my plan* workbook is a tool to help the person decide if there is anything that they would like to change about their current behaviour support plan.

The workbook covers 2 topics:

I want these things to stay the same.

Here you can support the person to think about the things that they are happy with and don't want to change.

I want these things to change.

Here you can support the person to think about the things that they are not happy with in their life and that they want to change.

This information can be shared with the person's Behaviour Support Practitioner.



Do I want to change my plan

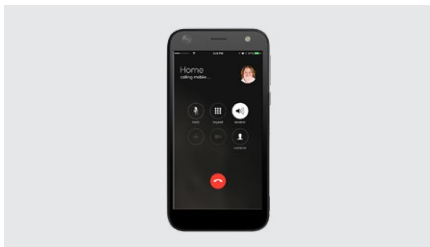




Name



Where I live



Phone Number



Date



This book can help you decide if you want to change your behaviour support plan.

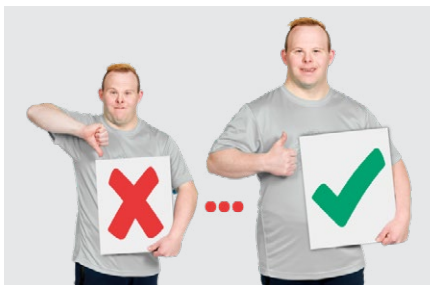


You can use this book with your

- close supporters
- behaviour support practitioner
- behaviour support team.



Your supporters and your behaviour support practitioner will help you look at your plan.



They can help you decide

- What should stay the same
- What you want to change.



You have a behaviour support plan now.

How is your life now?

You can circle your answer.

Some parts of life are good



Yes



No



I need help to decide

Some parts of life are ok



Yes



No



I need help to decide

Some parts are bad



Yes



No



I need help to decide

I want these things to stay the same



It can be hard to work out

- what should stay the same in your plan
- what you want to change.

Have a look at what Lily wants to stay the same.



I want these things to stay the same



seeing my friends



work program



cooking



music



What is important to you?

What do you want to stay the same?

You can write or draw your answer here.

I want these things to change



Your Behaviour Support team can help you think about the things you want to change in your plan.

Have a look at what Lily wants to change in her plan.



I want these things to change



I don't like my social program.
I want to do something different.



My mum still does not listen to me.
I want that to change.



My support worker talks to me when I am angry.
I want her to stop it.



What do you want to change in your plan?

You can write or draw your answer here.