



**Deciding  
With  
Support**



# **WORKBOOK PRACTITIONER GUIDE**

## **Do I want to change my plan?**

The practitioner guides the person and their supporters to think about their behaviour support plan and whether it is working to improve the person's life and how their support has changed.

For each decision, the practitioner should consider:

- The decision to be made and how the person can be supported to inform effective PBS?
- What are the key supported decision-making considerations for the person (opportunities for additional supported decision-making) as part of this process?
- What information is needed to help the person make informed decisions?
- What resources/supports are needed to support the person in making this decision?
- What problem-solving and barriers need to be addressed and facilitated?
- How will this decision be documented?

Involving the person in reviewing their behaviour support plan is a process that helps the person have ongoing input in developing a responsive plan. The person can inform and shape any changes.

The workbook is a useful reflection and learning tool to help the person think about the plan's implementation. It is also a useful reflective practice for all those that provide support for the person (supporters, service provider and practitioner). By capturing this information and reviewing it, determines what is working and what is not working from different perspectives and identifies the changes required.

Recognise that it may be challenging for the person to reflect and communicate their feelings. Think about how you can adapt the workbook and your process to support the person's decision making.

## Prompts for the person and their supporters

With the person and their supporters explore:

- ✓ what events have taken place and what has made their goal more of a reality.
- ✓ what needs to change in their life to help them get what they value.
- ✓ the things they want done differently – their environment and the support they are provided.
- ✓ what changes will help them achieve their goal.



# Do I want to change my plan

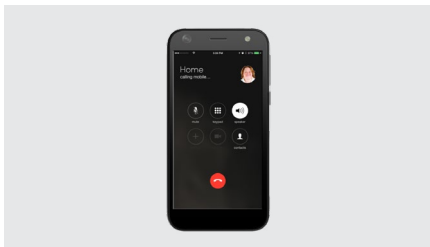




Name



Where I live



Phone Number



Date



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

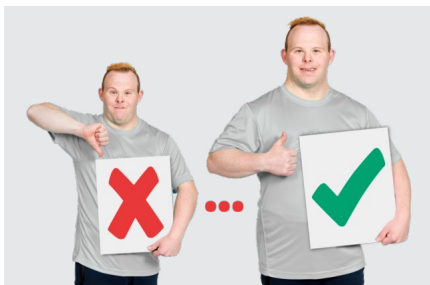


You can use this book with your

- 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.**