



## Deciding With Support



# My Circle of Support Worksheet Supporter Guide

The **My Circle of Support** worksheet is a tool to help the person think about the people who support them.

There are three circles in the Circle of Support.

The circles are divided into four sections: family, friends, school/ work/ day program and support workers and other paid workers.

The inner circle is for the person's name or their photo.

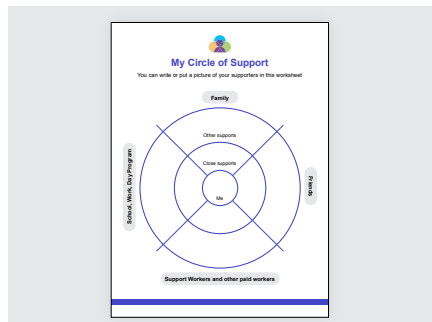
The middle circle is where they list their close supporters. Close supporters are the people who know them well and that they trust.

The outer circle is where they list their other supporters; those people that are in their lives but that they don't know as well as their close supporters.

When supporting the person to think about other paid workers this can include, managers, speech therapists, occupational therapists, doctors, physiotherapists, psychologist etc.

If the person is unable to read you can use photos of their supporters.

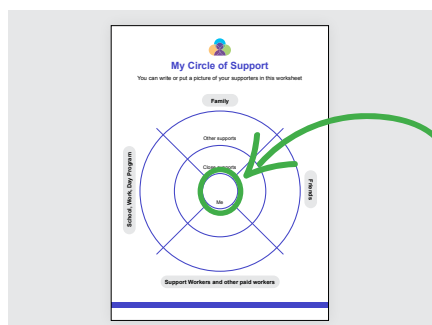
# My Circle of Support



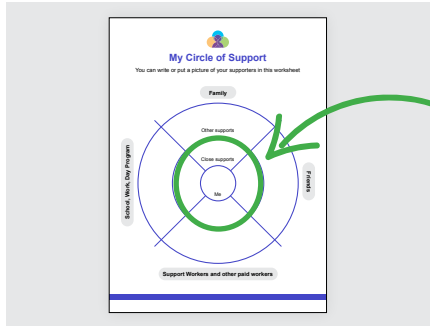
This is a circle of support worksheet.



It might help you think about your supporters.



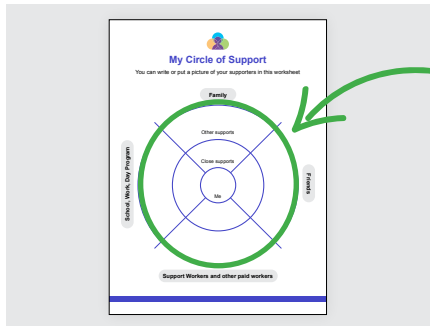
Write your name or put a picture of yourself in the middle circle.



Put your **close supporters** in the next circle.

**Your close supporters** are people who

- Know you for a long time
- Know what you like and do not like
- Are people you trust



Put your **other supporters** in the outside circle.

**Other supporters** are people who do not know you as well as your close supporters.

They might be workers or people who offer to help you.



You can ask someone to help you.

Have a look at Lily's circle of support.



This is my circle of support

# My Circle of Support

**Family**

Other supports

Mum  
My sister Ella  
Close supports



Me

Gemma my  
support worker

Tina, Mark,  
Liz

My friends from  
work program

**Friends**

Lisa my speech  
therapist

Matt my OT

Doctor Chang

**Support Workers and other paid workers**

**School, Work, Day Program**

May and Sara from  
work program



# My Circle of Support

You can write or put a picture of your supporters in this worksheet

**Family**

Other supports

Close supports

Me

**School, Work, Day Program**

**Friends**

**Support Workers and other paid workers**