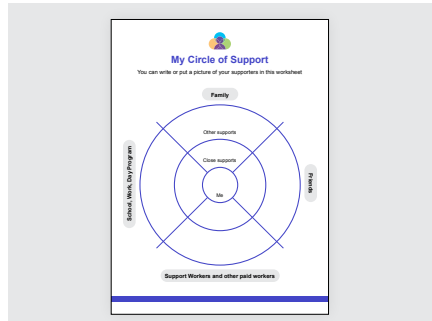


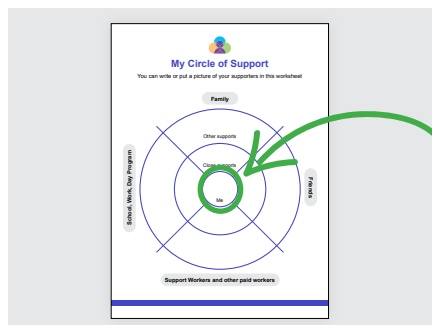
My Circle of Support



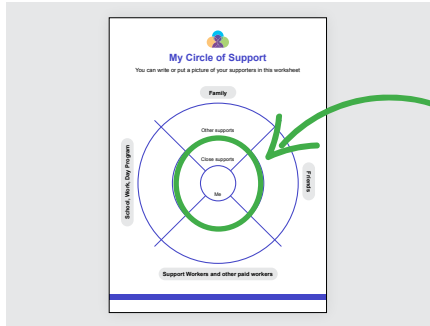
This is a circle of support worksheet.



It might help you think about your supporters.



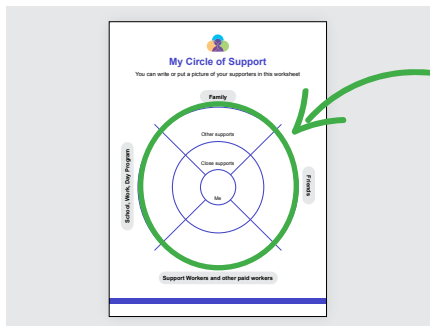
Write your name or put a picture of yourself in the middle circle.



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