

My Support - How I Like It

Understands how I communicate and knows my "language"

To understand my options about real choices

Treat me like an adult

To help practice speaking up

Treats me with respect

Really listen to me

Know how I want to be supported

Support me to see and be part of all the different parts of life.

Support me to have my own wishes, views and opinions

My supporter to know about the law and my rights

Support me taking risks and making my own mistakes

Help build my **confidence**

Support me to understand the issues and to speak up to changes things

To make sure people hear what I am saying

Encourage me to do as much as I can for myself

Support to be an active citizen

The blank boxes are for you to put how you want to be supported.