

Tip sheet – helping your support worker to help you

Consider any advice from your therapist/s that might help your support workers deliver your supports. You can also make notes using the prompts below to help you get the most out of your time with your support worker/s. This can help you remember what you did and provide information if you have more than one support worker.

Session start:

Your goal is _____

This support helps you to _____

This is important because _____

You and your support worker are working towards this goal by doing _____

This session will help you to _____

Session end:

During this session you and your support worker worked on _____

Your next session is on _____

Before your next session, you need to _____

Notes from support worker (end of shift):

This is what we did in today's session:

Date: _____

Hours: _____

Location: _____

Goals we worked on: _____

Successes and challenges: _____

Suggestions for next shift: _____

Your notes:

