MY SUPPORTS

Social

How could your family, friends, or others you know support you?
e.g., their time, their encouragement and feedback; sharing their resources; providing knowledge; practising with you.

Community

How could coaches/teachers/volunteers, and your team/peers, support you?
Are there other community groups who can support you? e.g., social, faith, recreational.
Are there community resources you can access? e.g., parks or recreational facilities, free community programs or events.
Are there people you can watch or learn from?

Resources

Are there online resources, information or tips that can support you? Any videos you can watch or learn from?
Is there modified equipment that you can access?
Are there apps you can use to stay motivated or on-track?
Is there assistive technology you can access?

Formal supports

Do you have access to funding, health professionals, experts or other programs that can support you?
Are there sports, recreational or disability organisations that may provide support or specialised training?

STRENGTHS

My personal strengths

Character traits, skills, things you can do without support, other strengths.
A list of strengths can be found here: https://allplaylearn.org.au/resource/celebrating-strengths-posters/