

What Kind of Support Would Be Most Helpful?

This is the goal I want to work on (or the problem I want to solve): _____

Tasks to be done	What I can do myself	What I need some help with	Who or what might be able to help me	Natural Support	Community Support	Formal Support	Assistive Technology/ Environmental Adaptations
1.							
2.							
3.							
4.							
5.							

My To Do List

Tasks to do myself	Date to complete task by	Check off when completed
1.		
2.		
3.		
4.		
5.		

List any problems with completing task:

1. _____

2. _____

3. _____

If you have a problem completing a task, use the “What Kind of Support Would Be Most Helpful?” worksheet to think about what supports might be most helpful for solving this particular problem.

Getting the Natural Supports I Need

1. This is what I need help with (make sure you include everything, even the tasks you might be uncomfortable talking about): _____

2. What tasks would you be able to help me with? _____

3. Is there something I can do for you in return? _____

4. Other questions I have (think about the specific details of the help you need): _____

Getting the Community Supports I Need

1. This is what I need help with: _____

2. Would you be able to provide the supports I need? Yes _____ No _____

3. If yes, whom should I talk with to set up the supports? _____

4. If no, whom should I talk with to see if we can create the supports I need?

5. Other questions I have: _____

Getting the Formal Supports (public agency or private service provider) I Need

1. This is my disability and/or these are the kinds of things I need help with:

2. What services do you provide? _____

3. What do I need to do to get these services? _____

Getting the Formal Supports (paid support person/ personal assistant) I Need

1. This is what I need help with (make sure you include everything, even the tasks you might be uncomfortable talking about): _____

2. What experience have you had supporting people with needs like mine?

3. Which tasks do you think you would be able to help me with? _____

4. Do you have any questions or concerns about providing me with the kind of help I need? _____

Evaluating and Managing My Supports

1. Am I getting the help I need? Yes _____ No _____
2. If I am getting the help I need, have I thanked the person who is helping me? Yes _____ No _____
3. If I'm not getting the help I need, what do I think the problem is? _____

4. What does the person helping me think the problem is? _____

6. What is a solution we can both agree to try? _____

Remember, if you can't find a solution that works, think about other supports that might be helpful for meeting this particular need.

Getting and Evaluating the Assistive Technology/ Environmental Adaptations I Need

1. This is what I need help with (be as specific as possible): _____

2. Questions for parents, teachers, guidance counselors, case managers, job coaches, friends, classmates, other people with a similar disability, etc.:

Do you know of any assistive technology/environmental adaptation that would be helpful for this problem? If so, do you know where I can go to get more information?

Getting and Evaluating the Assistive Technology/ Environmental Adaptations I Need (cont.)

3. Questions for providers of assistive technology/environmental adaptations:

What do I have to do to get this assistive technology/environmental adaptation? _____

How much will it cost? _____

How will it be paid for? _____

How will I learn how to use it? _____

Other questions: _____
