

# Matching support

## What is the tool?

This tool helps you think about the people you may want to support you - for example, paid assistants.

support wanted and needed	skills needed	personality characteristics needed	shared common interests

## How can it help me with my support plan?

This tool provides a structure to look at what support you want or need, what skills are required and what personality characteristics make for a good match with you. It also provides an opportunity to outline any common interests you would look for either when employing your own staff, or when thinking about your natural (and unpaid) support networks in the wider community.

The information gathered using this tool could assist you in developing a job description and person specification for any paid support you may need from personal assistants.



## How can I use this?

This tool can help you think about what great support would look like to you and who would be the best person, or people, for the job. This tool works well with the tool 'planning my week and support'

From the information you have gathered so far you now need to decide which of these skills and characteristics are essential and which of these skills are desirable.

When thinking about the personality characteristics needed, think about the following questions:

- Who are the people closest to you?
- Who does or can help you to have good days?
- What are the kinds of things or activities you do when you are together?

- What kind of specific personality characteristics do you have in common with them?
- What makes them fun to be with?
- Who helps you to get things done and what skills do they have?
- What qualities must they have?
- What qualities would it be good for them to have?
- What or who helps to create a bad day?
- What might get in the way of a successful relationship with your paid supporters?
- What personality characteristics must not be present in your paid supporters?
- What kind of qualities must your paid staff or community supporters not have?

In developing a best match between you and either your paid support staff or community supporters, take time to consider:

- Are there any specific interests you have that ideally you would want your paid support to share?
- What kind of activities do you do that you may need support with?
- What hobbies or passions do you have that you would like either your paid staff or community supporters to assist you with?
- What activities or hobbies might you like to try for the first time, with support?
- What do you enjoy doing now, or have enjoyed doing in the past, that you would like to try again, with support?

When thinking about some or all of these questions, write down as much detailed and where possible, specific information as you can.