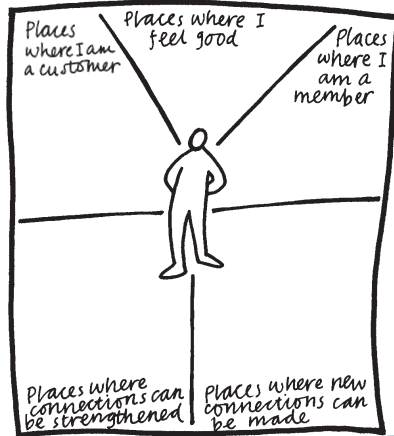


My community connections

What is the tool?

This tool helps you to start to think about the places you go to during the day, week and year.

It helps you answer this question: What do I bring in terms of community resources that can help make the changes that I want in my life?



How can it help me with my support plan?

This tool helps you to be clear about what places and connections work for you now and what you want to change or keep the same in your life, showing you opportunities that you can take and include in your support plan. It helps you to look at the balance in your life between paid support and other types of support and how to use the financial resources you have within your budget effectively. You may be able to find support that is already available rather than having to introduce paid support. Then think about whether you wish your support plan and the resulting funding to support you to strengthen your participation in your local community.



How can I use this?

If you have drawn your social networks and relationships as part of your plan it can help to look at this.

Jot down yourself in the centre of the community map, then all the ideas you have under the sections of:

- Places where I feel good.
- Places where I am a member.
- Places where I am a customer.

It can help to do this with another person to help you with your thinking and not get too hung up about what goes where. This process simply gets you thinking and helps you gather information. Next, think about these questions and add in any more information you've thought of:

- Where do you go during the week? In the evenings and at weekends?
- Who do you go with? (alone? with family? with friends?).
- Who makes the arrangements for the activity (e.g. who books the bowling alley, looks at bus times etc.)?
- Do you meet and get to know other people at these places?

To move this towards actions that you might like to address within your plan you need to look for patterns or themes around:

- Where are the places where my connections can be strengthened
 - what could I now do and who can help?
- Where are there connections that can be made? What could I now do and who can help?

When you're doing this work, have a note pad to hand and jot down:

- Any things you thought of that will help you move forward in your life.
- Any questions to answers or other issues that this raises about your life and things you will have to take into account.