

Who Am I?



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Knowing you deeply is the basis for friends, family and services giving you quality support.

[Click here](#) to explore more information and resources about this important topic.

If you want a service which is focussed on knowing you deeply so your support is individualised to you, you could ask the following questions.



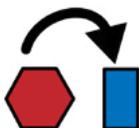
Give me an example of how you have co-designed the support for a person with them, their family, friends and other organisations.



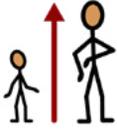
Tell me about how you support a person with complex support needs.



Tell me about your experience with building the capacity of people who receive your support.



How does your support change as a person grows or their circumstances change?



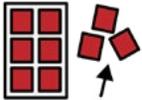
How does your support change as a person develops their capacity and independence?



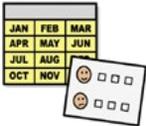
How do you respect people's cultural and religious beliefs in the way you support them?



How will you ensure my support is consistent with who I am and my goals?



What happens if my support needs increase?



Will you assist me in the review of my plan?

"I ask questions that help me to find out how a service trains support workers because it's important to me that they have a good understanding of me, and that new support workers get a good handover."



