

my circle of support




what do i do?

foundation

Goal: To find people in my life that I like and want to be friends with.

For: a person with few unpaid support networks in their lives and little and/ or no contact with family.






-  Find people I like who are in my life.
-  Choose who I want to start a Circle with.
-  Spend time with my friends and get to know them better.

building

Goal: To build better relationships with my friends and make them part of my life and Circle.

For: a person with numerous friends and support networks that know you but are not family members.






-  Make friends and build trust.
-  Be open to trying new activities and meeting new people.
-  Feel comfortable to express what I want, need and what goals look like.

thrive

Goal: To build relationships so I have a closer network of friends and family. Feel supported by my Circle, take the lead and make real change in my life.

For: a person with family, friends and support networks that are heavily involved in your life.



-  Take the lead, be active and take ownership of the Circle.
-  Feel supported to make decisions and choice in my life.
-  Be a part of a community and make the Circle part of my life.




what does the facilitator do?

facilitator skills

Facilitators have different roles depending on the stage of development of the Circle. The roles and skills required to be able to effectively facilitate a Circle of Support include:

- Encouraging others, being supportive and celebrating successes of the Circle.
- Fine the people the person already knows or meet regularly in the community.
- Contributing and leading by example through taking responsibility for action items.
- Ability to focus on goals of the person and have a shared long term vision.
- Ability to work as a team and be willing to manage and delegate action items.
- Problem solving hurdles through discussion and creative thinking.
- Ability to actively listen to all parties in the Circle of Support.
- Effective communication skills.
- Ability to build rapport with diverse communities and individuals.
- Make Circle meetings casual and fun for everyone involved, making socialising the priority.

roles and responsibilities

Stage of Development	 Facilitator
Foundation 	<ul style="list-style-type: none"> • Get to know the person, their likes, dislikes and preferences. • Create opportunities for the person to meet with possible Circle members together and one-on-one. • Organise mutual times to meet. <p>Facilitation hours – start up: 25 hours, ongoing: 10 hours</p>
Building 	<ul style="list-style-type: none"> • Assist the person to select and invite members. • Organise mutual meeting times. • Distribute information and correspondence. • Chair meetings, give guidance and monitor action items. • Develop and maintain motivation for the Circle. • Establish independence and confidence in the Circle to support the person to nominate a Primary Supporter. <p>Facilitation hours – start up: 15 hours, ongoing: 8 hours</p>
Thrive 	<ul style="list-style-type: none"> • Support and motivate the person and the Primary Supporter. • Give guidance in initial stages when finding and inviting members. • Provide information and resources as required. • Assist in the development of the agenda and first meeting. • Guide Primary Supporter and family in the first few meetings. <p>Facilitation hours – start up: 10 hours, ongoing: 2-3 hours</p>





what does the primary supporter do?

primary supporter skills

Primary Supporters have different roles depending on the stage of development of the Circle. The roles and skills required to be able to effectively facilitate a Circle of Support include:

- Encouraging others, being supportive and celebrating successes of the Circle.
- Contributing and leading by example through taking responsibility for action items.
- Ability to focus on goals of the person and have a shared long term vision.
- Ability to work as a team and be willing to manage and delegate action items.
- Problem solving hurdles through discussion and creative thinking.
- Ability to actively listen to all parties in the Circle of Support.
- Effective communication skills.
- Ability to build rapport with diverse communities and individuals.

roles and responsibilities

Stage of Development	 Primary Supporter
Foundation 	<ul style="list-style-type: none"> • Usually no Primary supporter in this stage.
Building 	<ul style="list-style-type: none"> • Assist facilitator in finding appropriate people for the Circle. • Provide known background information and assistance in getting to know the person. • Maintain ongoing support to the Circle and its direction. • Gain confidence to take on more roles.
Thrive 	<ul style="list-style-type: none"> • Assist the person to find and invite members. • Organise mutual times for meetings with all Circle members. • Distribute agenda. • Confirm attendance. • Follow up on meeting actions. • Motivate Circle to follow things up and hang out with the focus person.