My Helpful Supports Plan

A plan made by me, for me



Hello, Star!

Use this booklet to show people what helps you feel comfortable, communicate, explore and ask for support. Write, draw, point, use symbols or ask someone to help.

My plan can change

You are the expert on what works for you. Choose what to include, skip anything you do not want to share, and update it whenever your needs change.

For Stars and their trusted grown-ups | By Counsellor Tomass J. Wood

Things that help me

Tick, circle, draw or add your own ideas. You can choose more than one.

I may find these helpful...

- [ ] **Knowing what happens next**
  A picture, short explanation or clear plan.
- [ ] **Extra thinking time**
  A pause before I answer or change activities.
- [ ] **Having choices**
  Two or three clear options, with time to decide.
- [ ] **Clear words**
  Short, direct language and one step at a time.
- [ ] **A familiar routine**
  A usual order, object or way to begin.
- [ ] **Comfort**
  A familiar item, blanket, drink or calm activity.
- [ ] **A quieter space**
  Less noise, softer light or fewer people.
- [ ] **Connection**
  A trusted person nearby or listening with me.
- [ ] **Movement**
  Stretching, walking, rocking or a fidget.
- [ ] **A break**
  Time to pause and return when I am ready.
- [ ] **A favourite interest**
  Time with a topic, activity or object I enjoy.
- [ ] **My own idea**
  Something else that works for me.

Three supports I want people to remember

When I need support

Let people know what you notice and what would feel helpful.

Clues that I might need support

What I would like someone to do or say

Things I would prefer people not to do

Ways I might communicate

- ☐ Talk
- ☐ Write
- ☐ Draw
- ☐ Point
- ☐ Use AAC or symbols
- ☐ Show a card
- ☐ Ask someone to help

People I trust / ways I like them to check in

I can pass

I do not have to explain everything straight away. I can ask for time, a break or another way to communicate.

My supports and the Four Pillars

Use these prompts to think about what may help in different moments.

Brian's - thoughts and ways of thinking

What might I be wondering, remembering or trying to say?

Waves - feelings and body clues

What might I notice in my feelings or body? What helps me ride a big wave?

Circles - routines and familiar supports

Would a clear order, warning or familiar activity help?

Bridges - connection and communication

Who can I connect with? How do I like to share or ask for help?

My most helpful pillar today

I can use one pillar, a few together, or none of them.

My plan at a glance

Fill in only what you want to share with a trusted person.

My name or the name I want you to use

Things that help me feel comfortable and ready

How I like people to explain, ask or offer choices

Clues I might need a pause or extra support

What helps me return or try again when I am ready

A trusted person I can go to / how they can help

This plan belongs to me. I can choose who sees it and change it at any time.