

Fact sheet 1

Why choose people to support me?

As individualised funding becomes more available, you can have more control of what you do each day. Individualised funding is for one person. Not a group of people. You can say what you want to do, when you do it and who you want to do it with.

What When Where Who

This is a big change.

You may need some help to do the things you want to. Some things may be done with the support of family and friends.

For other things you may need help from people who are paid to support you.

When we talk about choosing people to provide support, we are talking about people who are paid to help.

Lots of people with disability feel more in control of their life when they choose their own support workers. They want to be able to pick someone who is right for them.

They also think that the support will be most helpful if they can say exactly how the support is used.

For example, some people have decided that paid support could help with things like:

- trying new things
- meeting new people in the area
- learning new skills.



When you know what you want to do, you can think about what paid support you need. You can also think about who would be the right person for the job.

Some people want different amounts of say over who provides them with support. There are lots of different ways you can choose who supports you. Here are 3 ways.

You may be happy to talk to a service about the things you want to do and the support you need. This could lead to choosing someone who works for the service already.



You may talk to a service about the support you need and they could employ someone new to support you.



You could pick someone to support you yourself. This could include finding the person and training the person.



When you choose who will support you yourself, you can also say what job they are doing and what they should be called.

Some people call the person who supports them their:

- personal assistant
- community connector or their
- personal trainer.

It depends on the support they are giving.

There are some ideas about how you can use support on page 4.

Making decisions about these things can give you more control.



