



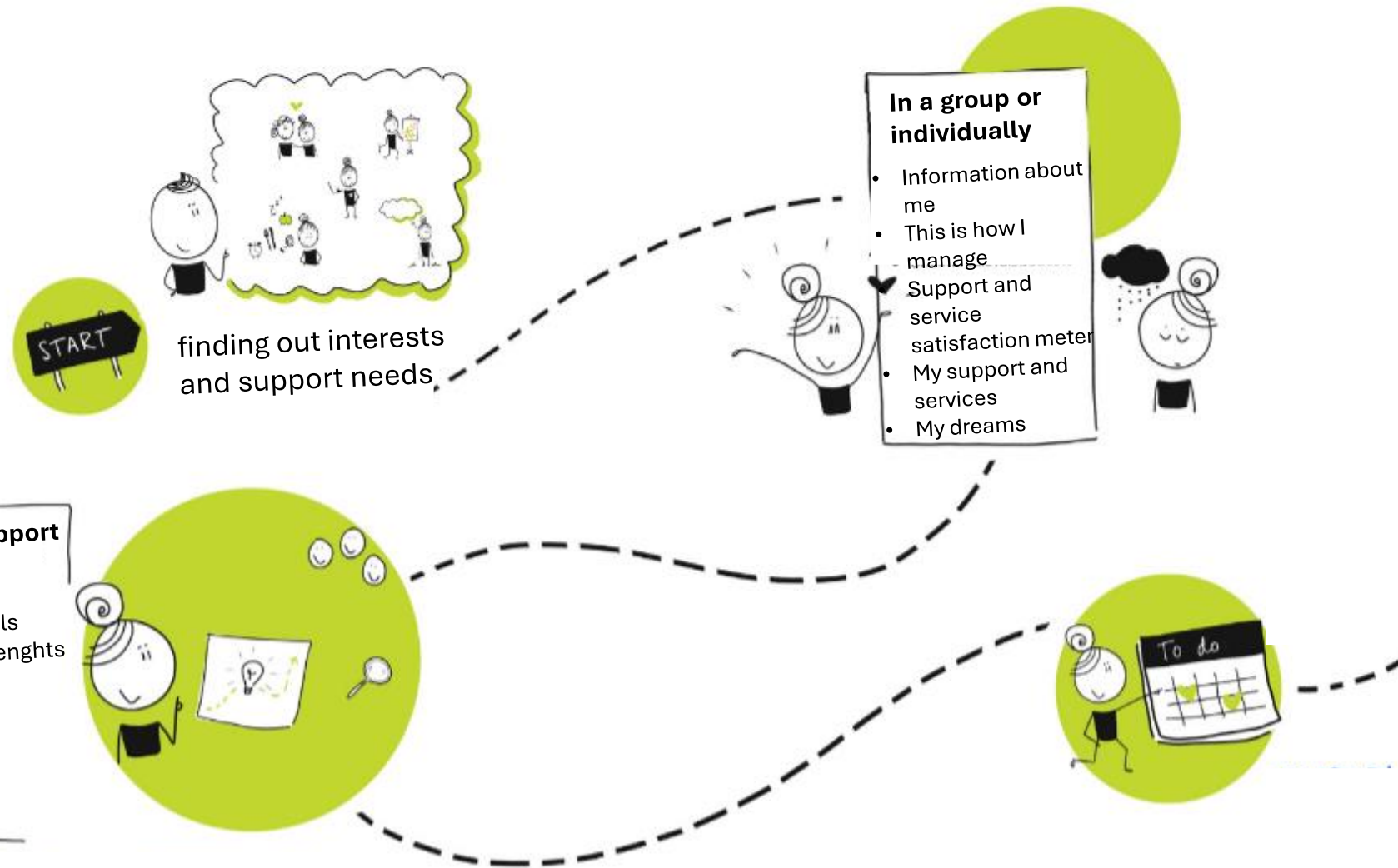
**Peer Instructors  
Self-directed support  
workshop-materials for  
people with special  
needs 2021**



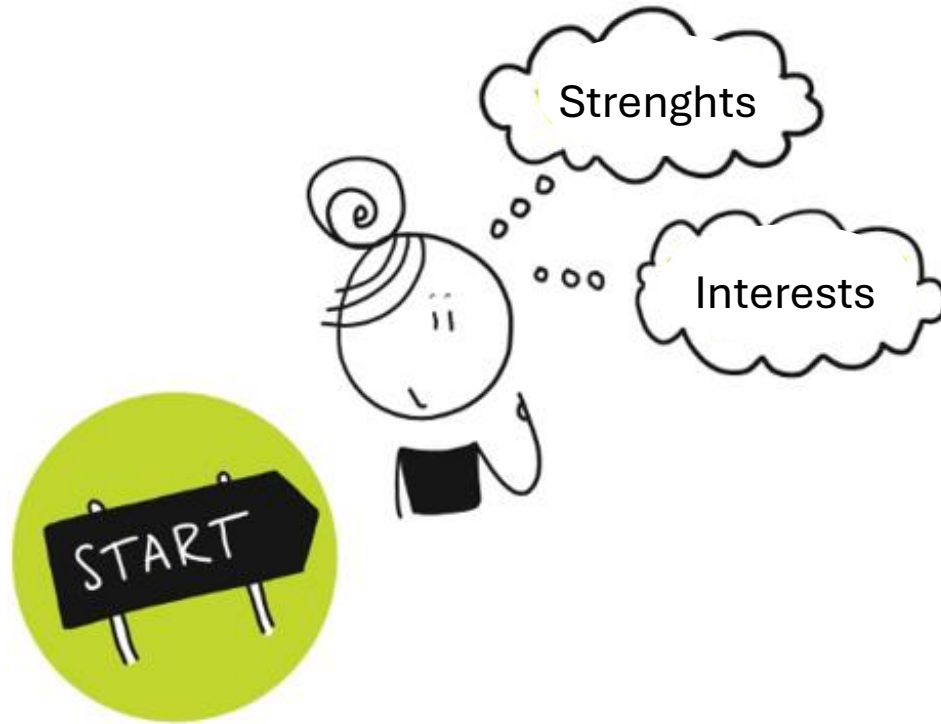
# SELF-DIRECTED SUPPORT

- **Personal budget** is a sum of money with which it is possible to organize a person's services individually, in accordance with the wishes, needs and goals of the user of the services
- **Self-directed support** means that people themselves are in a key position to determine which services or other support would help them in their lives.



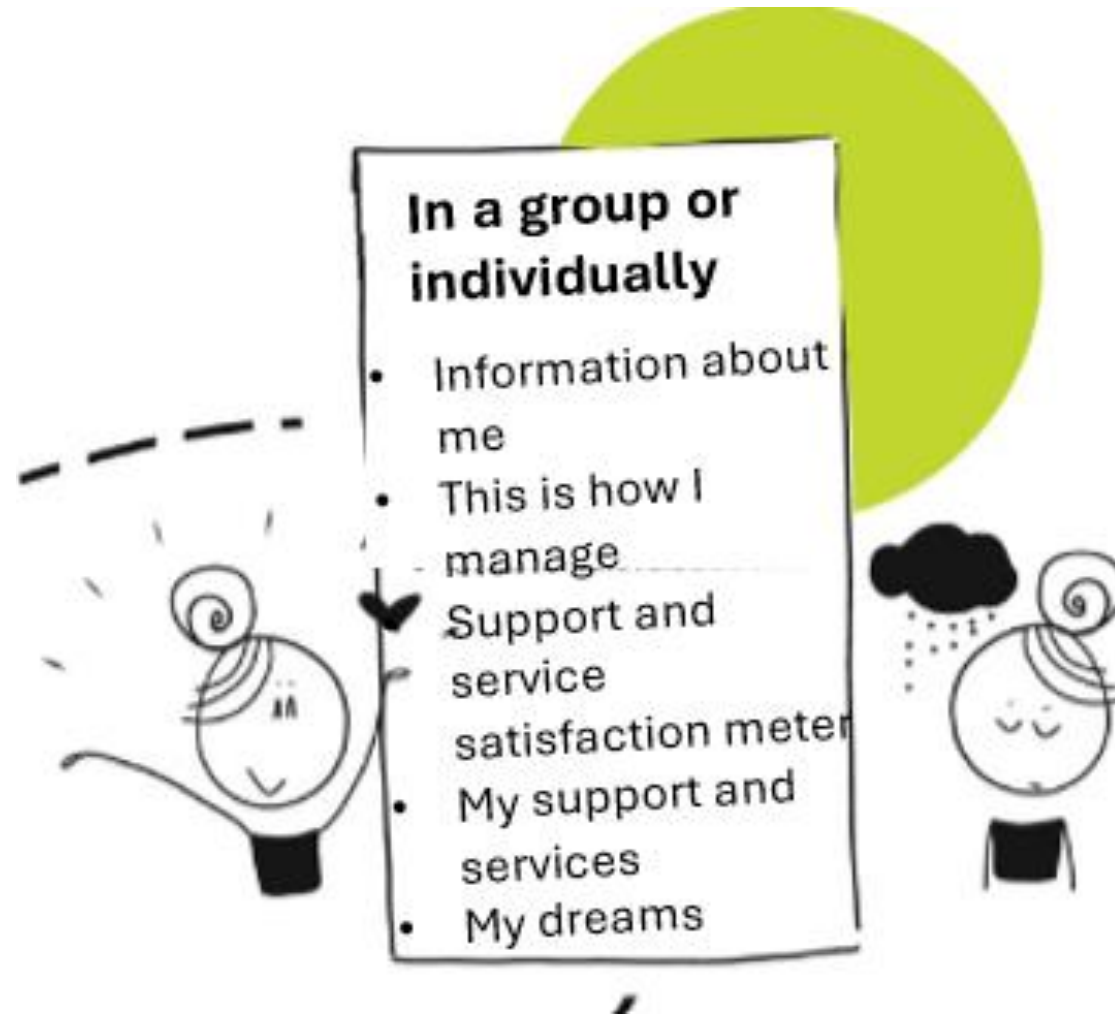


# Finding out interests and support needs

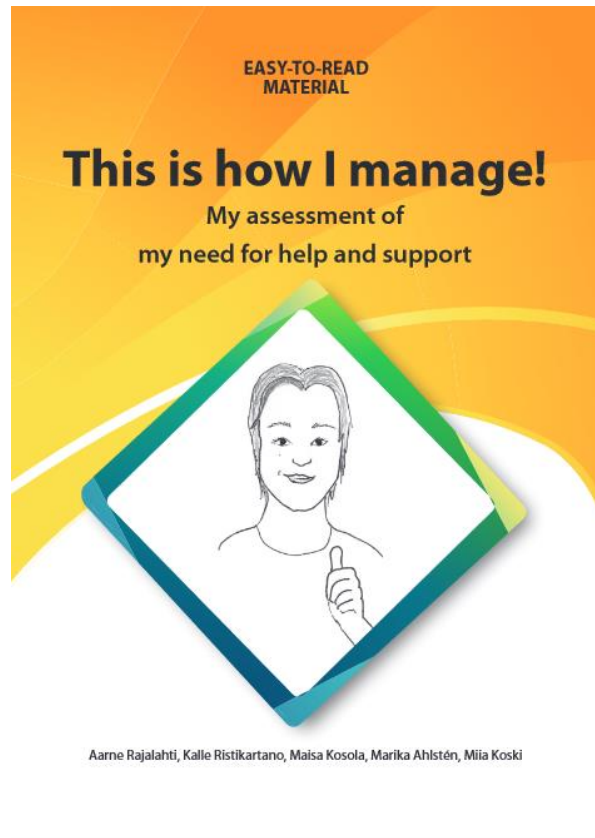


As a peer instructor you can organize group or individual workshops and use the tools described later or your own choice

Peer instructor choose the best meeting place for each workshop and number of workshops depend on the needs of participants



# 1. workshop, you can use the **How I manage**-workbook





With the help of the **How I manage-workbook**, a person can reflect on their own needs for help and support. At the first meeting, participants can familiarize themselves with the workbook and start filling it out. The workbook can also be filled out together with a peer instructor or another support person (e.g. tutor).


[https://kvps.fi/wp-content/uploads/2020/04/This\\_is\\_how\\_I\\_manage.pdf](https://kvps.fi/wp-content/uploads/2020/04/This_is_how_I_manage.pdf)




## 2. Workshop participants can think about their own strengths and things that are important to them


 Information about me

**My strengths and skills**  
*For example, what do people like about me?* 

**What is important to me**  
*For example, what things do I value and find really important?* 

**My decisions**  
*How will I be understood and my decisions taken into account?* 

**Home**  
*How and in what kind of home do I want to live?* 

**My support**  
*What kind of support do I need and how do I want to be supported?* 

# My life satisfaction meter

Tips: What things in your life and everyday life do you think are good? And what things need to be changed? Write down the things that come to mind, both small and large. These can be related to anything, for example daily affairs, social relationships, free time, work, housing, self-support, well-being and so on. In the assignment, you can also let others who know you share their opinions. You can mark the comments of close people in the task with initials so that they stand out from yours.



I am really unhappy with these things



I am a bit unhappy about these things



These things are just fine



I am very happy with these things

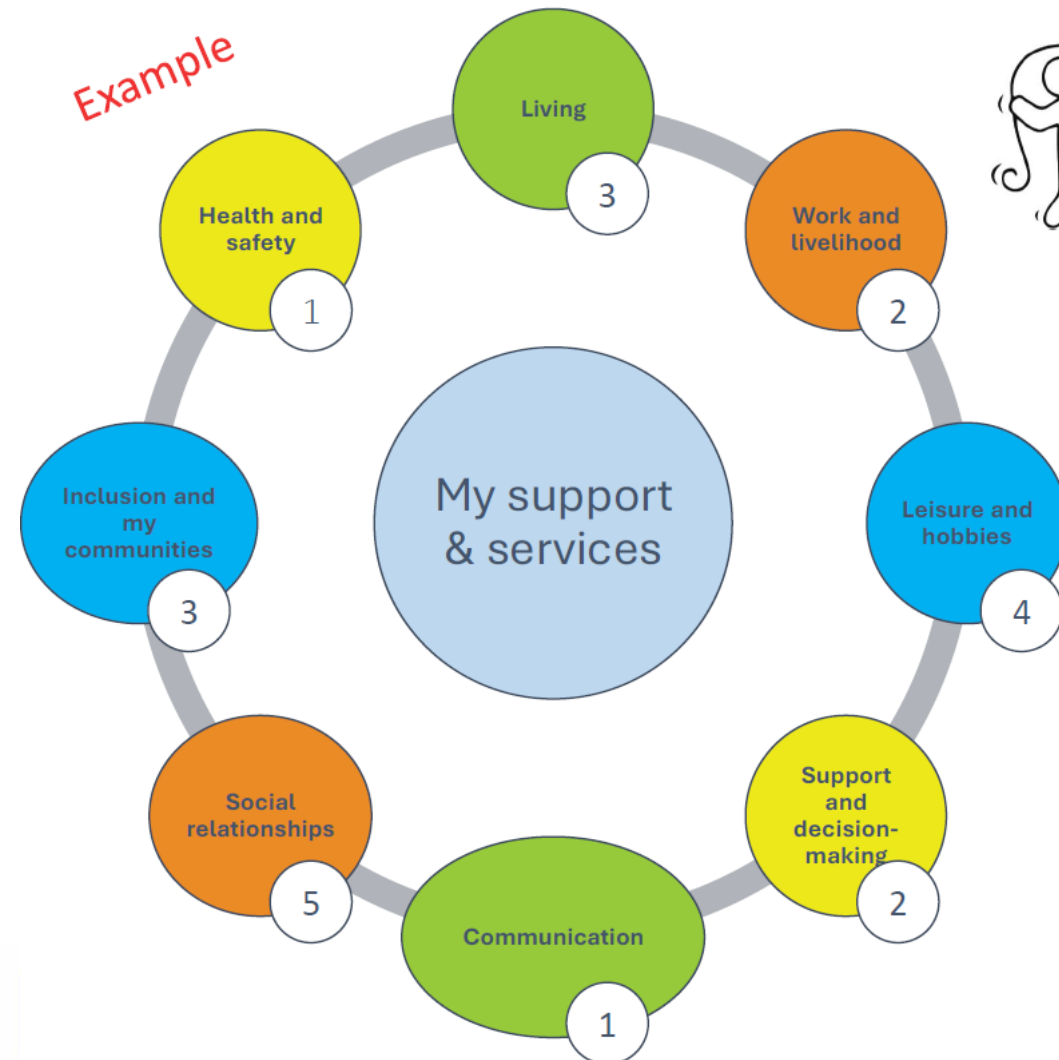




# 3. Workshop

participants can reflect on their own dreams and how they could come true

Example



Name: Eva Example

Date: 21.4.2020

### Directions

Evaluate how your current support and services meet your current needs and wishes in different areas of life. Write the evaluation verbally and choose the most suitable description:

1. I can't get the support or services I need
2. The support and services I received do not meet my needs
3. My situation is quite okay, but I'm not satisfied with it
4. The support and services I receive meet my needs, but there are still things that need to be changed
5. The support and services I received meet my needs and I am very satisfied with them

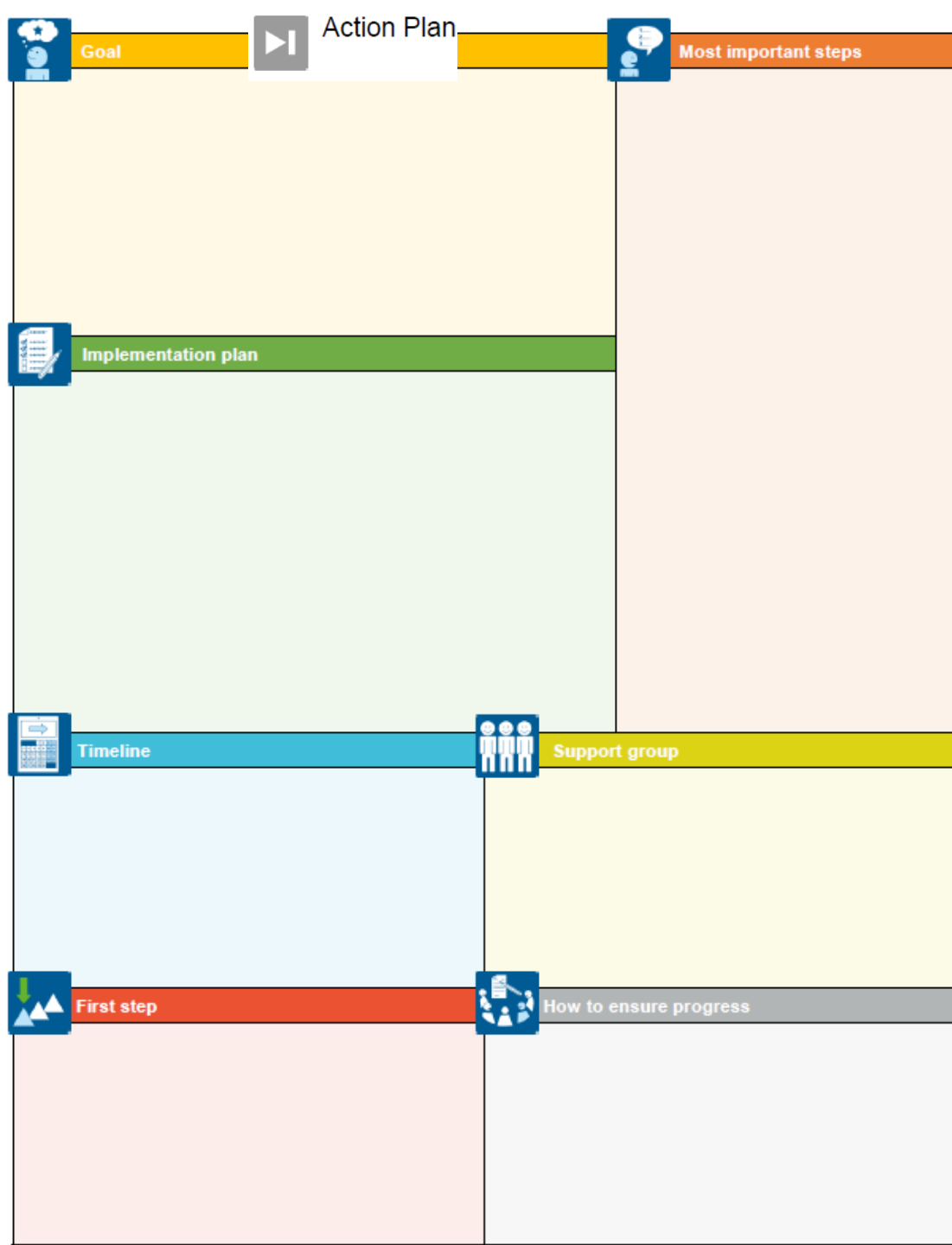
## 4. Workshop

It is time for planning of support and services and setting goals based on the information gathered with previous exercises

### Organizing support and services

- Goal proposals
- Risks and strenghts
- Action plan

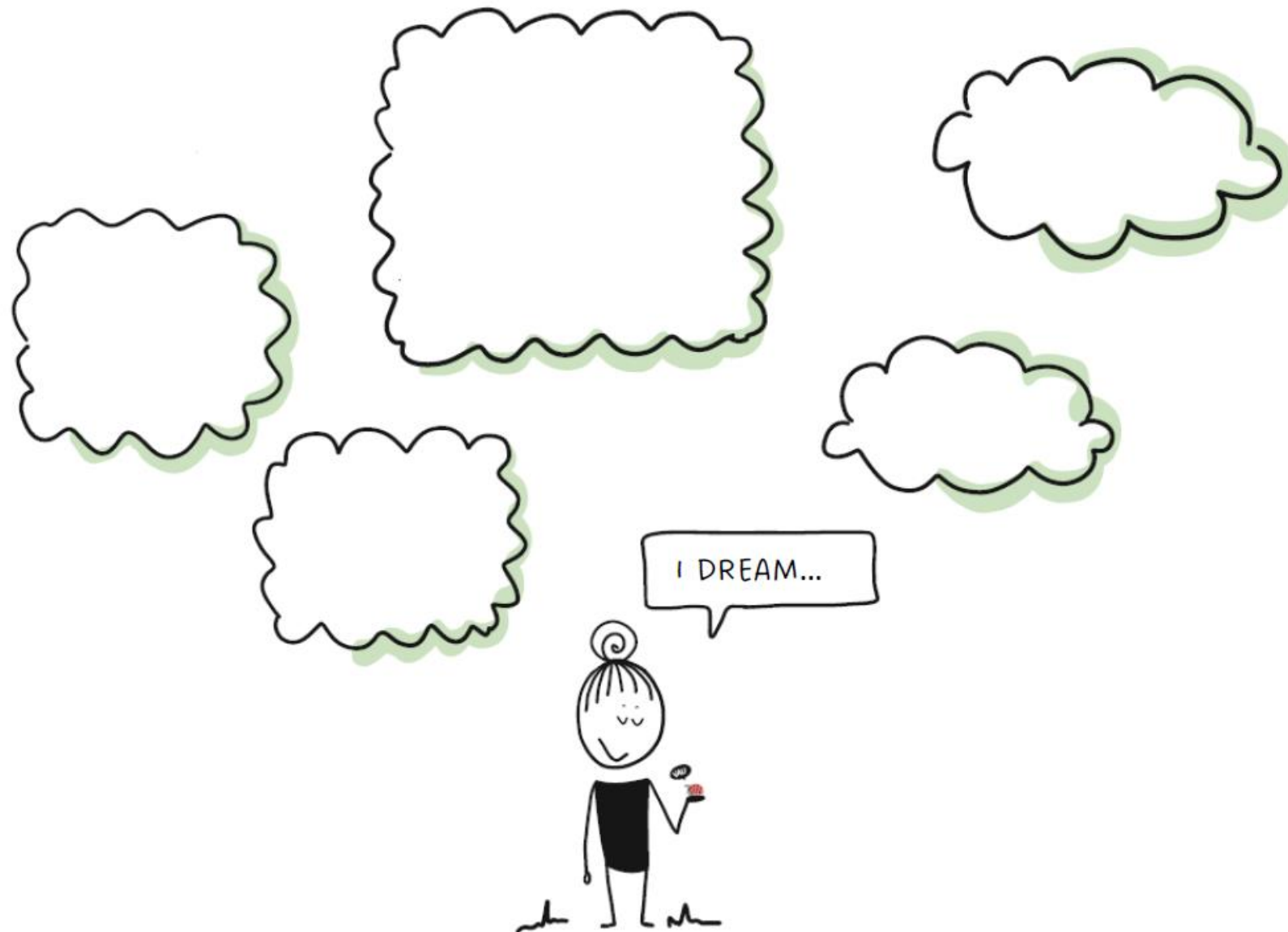




Tips: A good goal is clearly and accurately described and justified. Consider whether the goal can be broken down into intermediate goals, i.e. the most important steps that must be taken to achieve the goal. In the implementation plan, you tell us how to reach the desired goal, that is, what needs to be done and how to act.



It is also important to outline a schedule of when everything will happen. Who belongs to your support group, i.e. which people are needed to implement the action plan.

Also think about where you are starting from, i.e. what is the first step of the plan. Finally, to ensure progress, write down how the plan will be monitored and evaluated.







## Strengths & Risks

 Strengths	 How strengths can be used?

 Risks	 How we consider risks?

Tips: Take a look at your chosen goal. Think about and write down what risks it might involve? You can also discuss how serious and likely the risks are. Write down the means by which the risks are taken into account, i.e. how can they be managed and minimized? Also think about what strengths and skills you have? How can they be used and utilized to achieve the goal? In addition to these, you can also map other opportunities related to the goal that could be utilized.