



SIMPLE WAYS TO BUILD CONFIDENCE IN THE COMMUNITY

Building confidence in the community doesn't have to involve big steps. Often, confidence grows through small, consistent experiences that feel safe, supported, and achievable.

Monthly NDIS frameworks through a Social Worker lens.



CELEBRATE SMALL WINS

Noticing effort builds confidence and self-belief over time. "You stayed longer than last time - thats huge"



START WHERE THE PERSON FEELS SAFE

Begin in familiar places, go at quieter times, and keep outings short. Even 10-15 minutes counts.

OFFER CHOICE

Choice builds autonomy and reduces anxiety. Simple decisions can make a big difference.

HAVE AN EXIT PLAN

Knowing its okay to leave early increases a sense of safty and that needs will be respected.



USE PREDICTABLE ROUTINES

Talking through the plan and keeping a similar structure helps calm the nervous system.

my DAILY ROUTINE

FOCUS ON PRESENCE, NOT PERFORMANCE

There is no need to "do it right." Being there is enough.

REFLECT GENTLY AFTERWARDS

Calm reflection builds insight without judgement.

The MORE you REFLECT the MORE you LEARN



This guide offers simple, realistic strategies that can be used by support workers and families.