

Mapping Comprehensive Support

Think of one person you support regularly. Reflect on what comprehensive support means for them.

Consider the following areas:

- Gastrointestinal and biomedical wellness
- Physical & sensory needs
- Communication & understanding
- Emotional safety & regulation
- Predictability & structure
- Choice, autonomy & dignity
- Relationships & belonging
- Meaningful activity & purpose

Reflection Questions:

- Which areas do I focus on most?
- Which areas receive the least attention?
- How might unmet needs show up as distress?

Going Upstream: Why Someone May Do What They Do

Reflect on a situation where someone you support showed distress or challenging expressions of behaviour.

Complete the sentence:

“If this expression of behaviour were a message, it might be saying...”

Possible needs to explore:

- Sensory overload or under-stimulation
- Fear, confusion, or uncertainty
- Pain, illness, hunger, or fatigue
- Loss of control or lack of choice
- Trauma triggers

Reflection Questions:

- How does my response change when I see expressions of behaviour as communication?
- What support might be missing before the challenging expression of behaviour occurs?

Inside the Person's Day

Imagine living one full day as the person you support.

Reflect on:

- How many decisions are made for me today?
- How predictable is my environment?
- How stable is my support circle?
- How much sensory input do I experience?
- How often am I treated as an adult or child?
- How often does someone check how I feel versus how I behave?

Reflection Questions:

- What would feel overwhelming or exhausting?
- What moments would feel safe or calming?
- What small changes could reduce stress?

Supporter Self-Reflection – How Do I Show Up?

Reflect honestly on your own responses during challenging moments.

Complete the following:

When I'm stressed, I tend to...

When I feel rushed, my tone becomes...

When I'm calm, the person I support usually...

Reflection Questions:

- How does my nervous system affect the person I support?
- What helps me stay regulated at work?
- What support do I need from my team or leadership?

Rules vs Relationship

Reflect on how rules and policies interact with relationships in your role.

Consider:

- When do rules protect people?
- When might rules unintentionally cause harm?
- How do I balance safety with dignity and trust?

Write about a situation where flexibility improved—or could have improved—outcomes.

One Small Shift

Identify one small, realistic change you can make to provide more comprehensive support.

Complete the sentence:

“One small change I could make is...”

Reflection Questions:

- What difference might this make for the person I support?
- What difference might this make for me?
- How can I revisit this reflection in supervision or team meetings?