

QUESTIONS

If you had more support and more time for yourself, what would you use it for?

Looking at the people you have mapped on the circles, who might help you to achieve your goals?

Who would you like to focus on first? (we'll call this person x)

What are the stakes for x in this situation? How do they feel and what's important to them?

What strengths, skills or assets do they have that could be of help?

How might you engage their attention to this?

What would matter to them?

What else might you do to engage them?

What would be in this for them?

What could you enlist their support with specifically?

How will you do this?

Who shall we look at next?
(Repeat questions with this person)

Continue as long as the caregiver would like to.

01

—
People who provide great support now.

02

—
People who provide support to me now but might do more.

03

—
People who might support me but are not at the moment.

