



Down Syndrome
Western Australia



Step 6.

Support to reach my goals



This step helps you to work out what support you need to work towards your goals.



Step 5 helped you to decide on your goals.

Now you need to think about what support you need to help you with each goal.

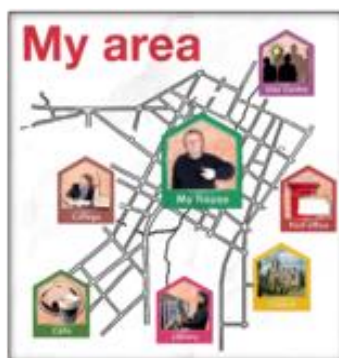
For example, if your goal is to improve your health and fitness, you may need people who can help you get to the gym.

You may also need a qualified person to advise you about healthy eating and exercise.



If your goal is to get involved in some community activities, you might need help to:

- find out what is available
- make connections and get to know people
- develop skills
- get to places



If your goal is to get better at speaking or communicating, then you would need help from a speech pathologist.

And you might also need a support worker to help you practise speaking.



So you would write that you need both of these supports.



Look at each of your goals and write down the supports you think you will need for each one.

Goal 1.

Supports I need:

Goal 2.

Supports I need:

Goal 3.

Supports I need:

Goal 4.

Supports I need:

Goal 5.

Supports I need:

Goal 6.

Supports I need: