**Video Two: Good Support**

**Captioning and Slide Transcript**

[Narrator] Kia ora and welcome. This video is about what having good support looks like. Let’s see how Sam is getting on with his support worker, Greg.

[Sound of friendly knocking at the door]

[Greg] Hiya Sam, how’s it going? How was your weekend?

[Sam] Hi Greg! I visited my family in Auckland.

[Greg] Awesome. Ah, can I come in?...Thanks. So... since it's Monday did we want to get started on a load of washing and vacuuming?

[Sam] I know we normally do cleaning and washing on Monday but I would rather walk to the park and along the river.

[Greg] Good idea. Make the most of the nice weather. So then, when... Julie comes over tomorrow we could, we could do a load of washing and vacuuming then?

[Sam] Yeah! Thanks for listening to me to decide what I want to do today.

[Greg] Of course, here to help! Right, are we ready to walk to the park?

[Sam] Yep, let’s go!

Later that day…

[Friend] How was your day today?

[Sam] My Support Worker, Greg he came around and we went down to the park.

[Friend] Do you like having Greg support you?

[Sam] Yes! He's always friendly and listens to me. I like that Greg. He helped me to change my plans and I knew when the next support worker was going to be here.

[Friend] Well that’s great, glad to hear it.

[Narrator] Support Workers are there to help you. It’s important that you control and direct what your support looks like. Communication and respect is important, along with the choices that you make. You need all information to make an informed choice and sometimes that means changing your mind. In this example, Sam was able to change his mind about what his support looked like.

Things to think about:

* Support workers are there to help you
* You control and direct what your support looks like
* Communication and respect is important for good support
* You need all the facts to make informed choices
* An informed choice could mean changing your mind.

To talk to an Advocate call 0800 555 050 (It’s free) or email: advocacy@advocacy.org.nz