

## Family, Friends & Others

Your relationships are with the people who are most important to you and who care about you and your happiness the most.



Everyone needs to talk to people about their life to help them make important decisions.

Your friends, family and people you trust can be called your **network of support**.



## Network of Support

*What can your network of support do for you?*

- Think with you about what is possible
- Support you making decisions about your life
- Assist you through hard times
- Think about what you need to keep yourself safe



You may want to start to plan your future. You are the director! You are a citizen! This comes with choices and responsibilities.

**Person-directed planning** is about you and your life, now and in the future. Planning helps you choose the actions to make things happen in your life.

**A person-directed plan can help others understand:**

- What you want
- What you need
- How you want to do things

## Do You Already Have a Network?

Some people already have a network of support full of friends and family. You may need help to start your network, to grow your network or to strengthen the relationships you already have.



One person who can help you with this is called a facilitator.

Facilitators work for you. An independent facilitator can be helpful. There may be other people in your life that could take on this role.

They can...

- Listen to you and treat you with respect
- Support your right to make your own decisions
- Provide good information about your ideas and what is available in your community
- Ask questions to create conversations with your network of support

## What Is a Microboard and Why Would You Want One?

Down the road, you may want some people from your network of support to become a Microboard.

A Microboard is a not for profit group of at least 5 people, including you.

A Microboard can:

- Assist you with hiring and scheduling your support workers
- Advocate with you, or at your direction
- Receive your individualized funding and use it how you see fit



Microboards are a little different than a network of support because they are a permanent legal organization. If your Microboard was no longer needed, the members would have to officially end it.

## The Principles of a Microboard

1. The people on your Microboard are not paid. They are there because they want to be.
2. Members trust that you know what you want and help you think through your choices.
3. Everyone will consider your wishes, well-being, interests and strengths.
4. You already know the people on your Microboard because you hang out with them at family and community events or do things together you both like.
5. If you want to be active in your neighbourhood and community, your Microboard will make sure that happens.
6. All of the people on your Microboard will work together, respect one another and be there for you.

### For more information please call:

**Windsor Essex Brokerage for Personal Supports:**  
(519) 966-8094

**Family Respite Services:**  
(519) 972-9688

## Family Friends and Others



## Thinking about Friendships, Networks of Support and More

*You can start planning at any age.  
It is never too early or too late to  
start connecting.*