

Participant Selection for Just Enough Support Workshop

- 5 focus people per workshop with up to 5 people each in their support circle (maximum 30 people)
- focus people must enjoy being part of group activities and should not be asked to give up something that is important to them (ie: day of work) in order to participate
- ideally focus people would be interested in a higher level of independence or are currently “over or under supported”
- a good balance of support people within the support circle who are willing to challenge current practice and be creative with ideas – supports who will share power with the person rather than influence their decision making

Things to consider when inviting supports to a Just Enough Support Planning meeting

- Does the person have a deep and clear understanding of what is important to the focus person and important for them?
- Does the person share power with the focus person?
- Does the person empower and encourage the focus person to live a life of their choice?
- Are they open-minded and willing to challenge current practice?
- Does the person respect the focus persons right to choose and use creative ways to ensure that the focus person has all the information needed to make informed choices and risk taking?
- Does the person have a good knowledge of opportunities available locally within the community?

Of course, above all anyone invited must be identified by the focus person either through words or actions. (Sometimes using our best guess based on who they tend to gravitate toward and seem to enjoy being around is necessary) When words and actions are in disagreement, listen to the action. We want to also be cautionary of inviting people because they think they “should”, ensure that anyone invited is because they are a supportive person who has a positive connection and influence on the persons life.