

The role of supports



What is support?



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Supports are
persons, materials or tools.



Supports can help
in the learning of new information
and in having new interests.



Supports can improve
our sense of well-being.



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The level of support depends on the person needs.



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There are 4 levels of support:



- You need help from time to time.
- You need help in certain moments of your life.
- You need help every day in some areas of your life.
- You need help in almost all moments of your life.



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Think about the
support
you need



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To think about
the support you need
you can ask
people you trust
what they think.



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It's important to talk about what matters to you:

- areas of support that are important to you.
- important activities for each area of support.
- the level of support that you need.
- Make your personal support plan.



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People with intellectual disabilities often need support in learning or at work.

Supports can make life easier for people with intellectual disabilities.

Supports are important for a better quality of life.



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Dictionary

Find here explanations for words in **bold**

Well-being

Is about our body and mind in good shape.



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