



Support Person Goal

This is a goal focused course. You will be given the opportunity to consistently consider your progress towards reaching your goal or goals during the sessions. Please consider carefully what is your **short term goal or goals that you would like to achieve by the last session of the course**. Write them in the space provided below.

Name:

My goal or goals that I want to achieve in my support of my friend/partner/family member is/are:

Examples of **short term** goals for support person:

- To give encouragement to the person I'm supporting.
- To help them learn and practice the skills and strategies at home.
- To give them positive acknowledge for successes.
- To listen to them and understand any difficulties they may be experiencing.
- To help them understand English.
- To help them complete their Task pages.

You will be given an opportunity to share your goal(s) with the other participants in the course. Please bring this completed page with you when you come on the first and all following sessions.