

What are the harder parts of the day, and how could they be made less difficult?

Who supports us, and how can we help them to be available to us?

How predictable and certain are our day-to-day schedules? Are there things that would support us to have more control and predictability?



## Primary-Intermediate – My Story

What things build and maintain your wellbeing, and how could they be more available in your week?

How can we raise our own skills, knowledge, and networks, to support us to be more confident supporting or living with disability?

What could a more sustainable break look like?