

Circles of Support

A circle of support is a group of people who meet regularly to discuss how to help an individual with learning disabilities to accomplish their goals, dreams and aspirations.

Why they help?

A circle of support can help to make things happen now but also have a significant role in the future when you are no longer around. A circle of support could be involved with

- Help with planning small and large changes – contributing ideas, knowledge and information including for example planning a move from home
- Help with making new connections to people and places
- Providing friendship and a sense of belonging
- Acting as trustees or executors to make sure after your death that your money is spent as you wish or that your letter of wishes is respected.
- After your death providing continuity in your relative's life and keeping memories alive
- Keeping an eye on things and speaking up for your relative

To help you create a circle of support use the [Relationship](#) map.

- Do not be scared to ask people you know, they are often delighted and honoured to be asked.
- Involve people who are in your relative's life.
- Think about when the circle of support should meet – is there is a big change planned or a review for your relative coming up?
- Think about how the circle of support will keep going when you are no longer around.

Resources:

[The Challenging Behaviour Foundation](#)

[Sutton Mencap](#)

[HSE: A Guide to Circles of Support](#)