

Social Script for Raising a Problem or Concern with a Support Worker or Service Provider



This script helps explain how you can talk to your support worker about something that feels bad, uncomfortable, or unsafe and how to ask for changes.

When I notice a problem with my support worker, I can follow the steps below:

1. **Start by naming my feelings** – I can think about the emotions I am feeling and choose words like sad, uncomfortable, frustrated, or any other feeling.
2. **Describe the action causing those feelings** – I can say what my support worker is doing or not doing that makes me feel this way.
3. **Express what I need** – I can explain what I would like to change or what I value, such as my independence or feeling safe.
4. **Ask for an action** – I can ask for something specific that I think will help. I'll try to be as clear as possible to make it easy for the other person to understand.

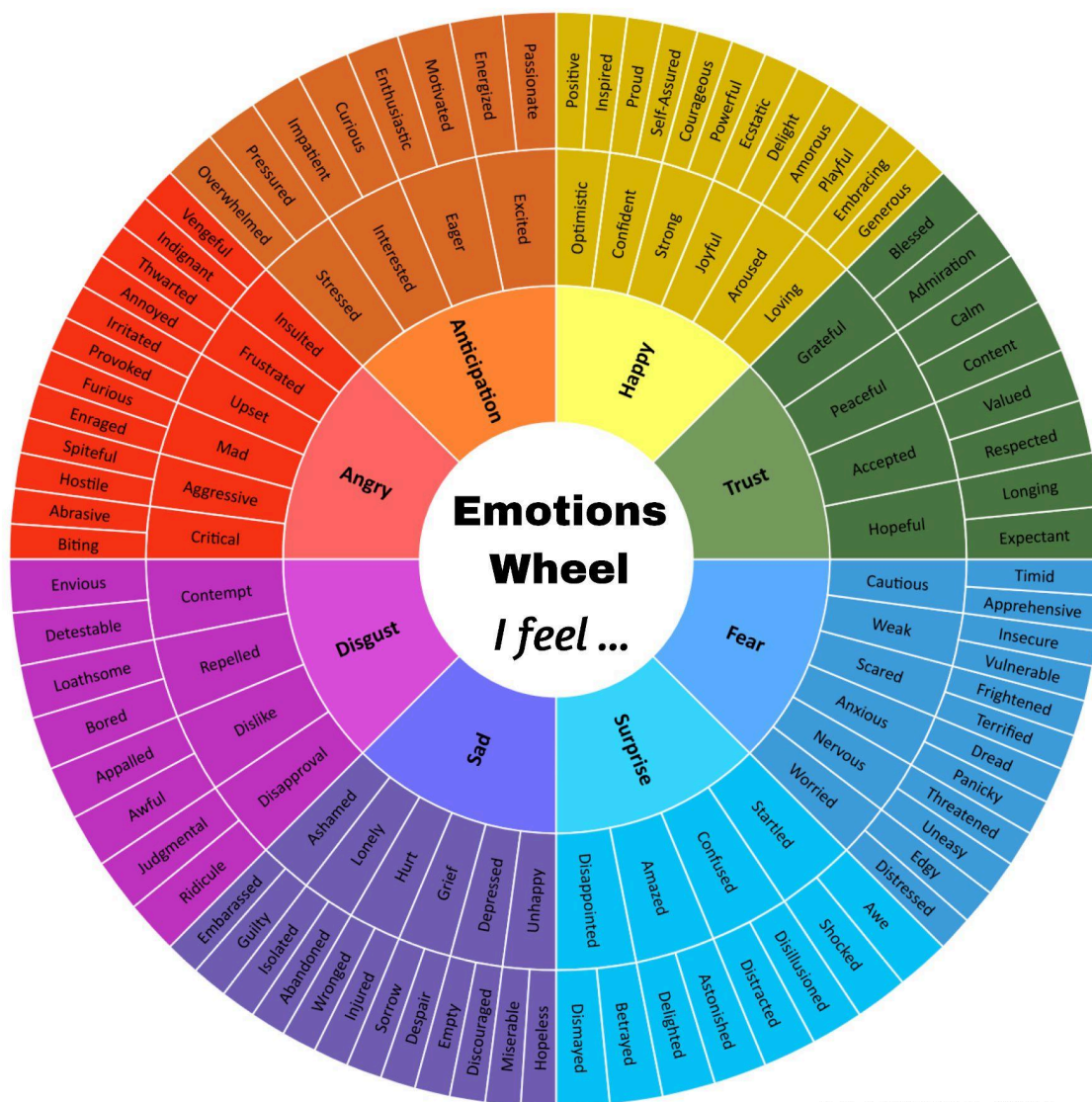
Example:

- I feel sad
- When you make decisions for me.
- I need to be able to make decisions for myself.
- Can you please talk to me before deciding for me and listen to what I need or want?

Exercise: Write down a similar example by filling in the blanks:

- "When I see that _____ I feel _____ because my need for _____ is not being met. Would you be willing to tell me what you heard me say?"

If I am unsure how I feel, I can use an emotion wheel to help identify my feelings.



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