# Your Support System

## Social Supports

* Social supports are people or services who support you
* They could support you physically with activities of daily living, spiritually, emotionally, mentally, or with other health needs

### Types of Social Support

| **Type of Support** | **Source of Support** | **Examples** |
| --- | --- | --- |
| **Formal Supports** | Typically provided by agencies within your community or other organizations | * Primary Care Providers * Physical Therapists * Personal Assistant Services * Counselors * CIL Staff * Social Workers |
| **Informal Supports** | Provided from outside of formal settings | * Friends * Family * Church members * Neighbors * People from the gym * Other community members (i.e. someone you met at the post office or grocery store) |

## Activity: Identify Your Social Supports

* Write a list of your social supports
* Write down the current supports you have in your life, both formal and informal
* Consider supports for your emotional, mental, and physical health

### Your Support System

| **Formal Supports:** | **Informal Supports:** |
| --- | --- |
|  |  |

| **Supports for Emotional Needs:** | **Supports for Physical Needs:** | **Supports for Mental Needs:** |
| --- | --- | --- |
|  |  |  |

### Example: Leanne’s Support System

| **Formal Supports:** | **Informal Supports:** |
| --- | --- |
| * Center for Independent Living * Doctor * Pharmacy | * Family * Friends * Church community * Neighbors |

| **Supports for Emotional Needs:** | **Supports for Physical Needs:** | **Supports for Mental Needs:** |
| --- | --- | --- |
| * Family * Friends * Church community * Neighbors | * Doctor * Pharmacy | * Family * Friends * Counselors |