
The Hand of Trust

Who are my most trusted people?



The
Right
Direction

Working together on positive
behaviour support (PBS)

Instructions for behaviour support practitioners

Everyone benefits from friendships and support networks, but – just like everyone else – people with behaviour support needs may face challenges in forming these connections.

The Hand of Trust can be used by itself, or as a tool to help build [a Circle of Support](#). It can help identify the people who will form part of the participant's 'inner circle'.

This Hand of Trust can be used as a visual tool to support the participant to identify the people they trust and who they would go to for advice and support.

The result should include a small group of people the person trusts most and who are most important to them.

If the person needs support from someone on their Hand of Trust, they will usually seek out that support independently, but they may ask for your help as the behaviour support practitioner.

Who should be in the Hand of Trust?

The participant should choose people for their Hand of Trust because they provide a certain level of security in their lives.

The participant's Hand of Trust can include friends, family and other people in their support network. These people usually help the person, for example support with problem-solving and achieving personal goals.

Importantly they can also provide emotional support, comfort and encouragement, especially where they are a peer with disability. A shared life experience can be an important part of building relationships of trust.

The people chosen might be selected for a range of reasons. For example, they might provide the person with:

- friendship,
- understanding,
- guidance,
- encouragement,
- practical support,
- trust, and
- confidentiality.

People on the Hand of Trust might not know they have been chosen as one of the participant's most trusted people.

This does not matter; the important factor is the participant knows who they can trust and that the trusted people are there when needed.

Using the Hand of Trust help in behaviour support planning

The Hand of Trust can be used during the behaviour support process to identify trusted people in the participant's life.

You can talk to the person about the people they want on their Hand of Trust.

You can then check their level of comfort with you contacting those people as part of the behaviour support planning and implementation process.

You can also talk to them about a Circle of Support. If the person doesn't have a Circle of Support, the Hand of Trust can be used to identify who might help to build one.

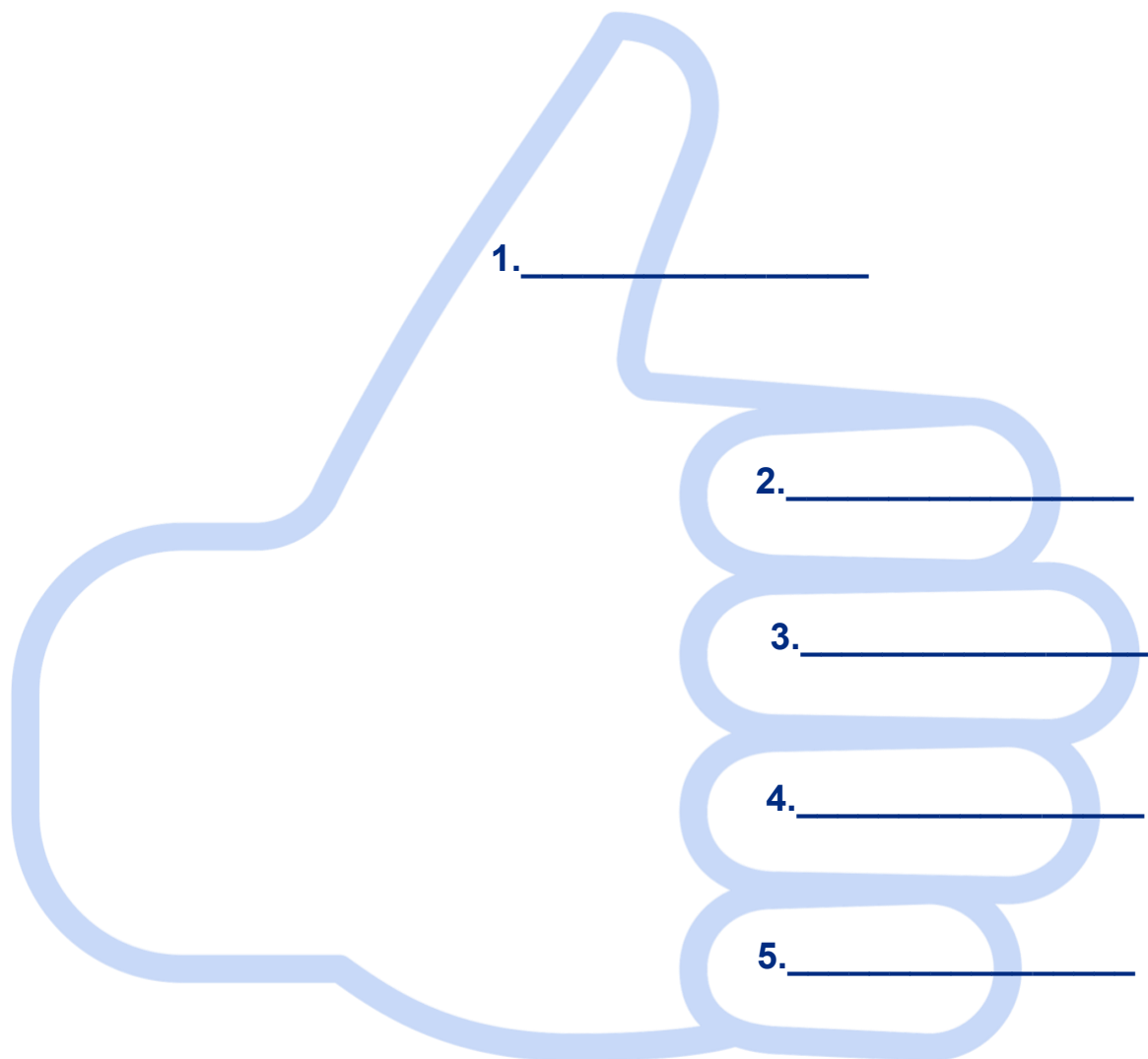
Some people will not have a Circle of Support or be in a position to build one. In that case, the Hand of Trust can help them to take ownership and control of their choices and decisions, without needing a more formalised Circle of Support.

The worksheet to use with participants is on the following page.

(Write your name here) **'s Hand of Trust**

My most trusted people are...

Write the names or use photographs of your most trusted people.





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