

My Support Network

Frequently asked questions



➤ **How will My Support Network help me?**

My Support Network lists all the support you have, it keeps their contact information in one place. It gives you a picture of what support you get and can help you identify any additional help you may need.

➤ **Do I use the My Support Network if I have an About Me?**

The My Support Network can be used with an About Me. My Support Network can be given to help anyone who has support.

➤ **Where do I get a copy of My Support Network from?**

If you have a service visiting your home they may offer you one, if not you can ask for one or you can print one off from this page. You may wish to check with your organisations Equality and Diversity and Information Governance teams to record that they are happy for you to give them out and to put your information on.

➤ **Who should put their information on My Support Network?**

Anyone you want, those who help or support you. If their support ends you can cross their information out or write a note next to their contact information.

➤ **Why do I put it in a yellow folder?**

The yellow folder makes it easy to identify and harder to lose. Professionals will expect to find it in a yellow folder.

➤ **Where do I get a yellow folder from to put it in?**

The person offering you a My Support Network should give you it in a yellow folder. If you have printed it yourself you can buy a yellow folder from a stationary shop.

➤ **As a support provider do I need to ask my organisation before I put my information on or handing them out?**

You may wish to check with your organisations Equality and Diversity and Information Governance to record that they are happy for you to give them out and to put your information on.

➤ **Should I take My Support Network with me if I am admitted to hospital?**

It may be helpful to have your support information with you in hospital, the My Support Network belongs to the person, so it is up to you.