**Writing main messages**

Worksheet: Creating infographics to advocate for   
needs, services, and care



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| Pick your goal |
| What do you want to happen by sharing this infographic?   To set a goal, sometimes it’s helpful to ask yourself “What do I want to be different by sharing this infographic”? Some ideas for goals are: |
| Create a shared understanding of my child and family  Introduce a new teacher to your child  Inform a respite worker of your child’s health information  Ask the family doctor, dentist, or other health professional to be aware of your child’s needs  Address a challenge such as a safety concern  Take part in a community recreation program  Ask for specific supports or services in the community  Inform an individual education plan (IEP) at school  Inform a school meeting [e.g. Identification, Placement and Review Committee (IPRC) meeting or In-School Support Team (IST) meeting]  Other: |
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| Write down your specific goal below: |
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| Tip:Make your goal positive. Write it as what you want instead of what you don’t want. |

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| Think of your audience |
| Who needs to hear your main messages to reach your goal? Here is a list of different audiences: |
| Teacher  Educational assistant  Principal  Therapist (e.g. Occupational therapist, Speech language pathologist, Physiotherapist, Social worker)  Nurse  Doctor  Dentist  Personal support worker / Respite worker  Family member  Community program leader (e.g. coach)  Other: |

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| Add groups of information |  | Write your main messages below. Use the ideas from the column on the left: |
| Add groups of information that support your goal. Each group has a list of more specific ideas that you can write about. |  |  |
| **Group: Your child**  Personality  Strengths and areas of difficulty  Likes and dislikes  Daily routines  Goals (learning, social, etc.)  Triggers / fears / stresses  Reponses to triggers / fears / stresses  Other: |  |  |
| **Group: Your family**  Family members  How the family works together  Family roles / expectations  Other: |  |
| **Group: Needs and solutions**  Level of support or assistance  (e.g. physical assistance, cuing, more time)  Calming strategies  Safety strategies  Changes to the physical environment  Communication strategies  Medical needs or precautions  Other: |  |
| **Group: Next steps**  Develop a plan  Prioritize needs  Have another meeting  Other: |  |

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| Edit your work  Remember:   * Write action-oriented statements. Make sure you tell the audience what they should do with this information. * Delete information that repeats. * Re-check your goal. Delete information that does not support your goal, and add anything that might be missing. |

There is a logo in the bottom left hand corner that shows that this document has been reviewed by clients and families. There is a picture of a family with a check mark in the center of the logo.
