**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 workRemember: * 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.
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