

# Team Around Me

- Do you get support from different services (for example, to help you with housing, health, alcohol or substance use, etc.)?
- Would you like to make sure that your goals, opinions and preferences always take priority, and that services are always working in your best interests?
- Would you like to have a clear plan for how services will support you, with everyone clear on who is doing what? Then try a Team Around Me meeting!

## What is Team Around Me?

Team Around Me (TAM) is a model for holding meetings for and with people who have support and/or care needs, which truly places that person at the centre of their own support. TAM has been designed for and with people experiencing a combination of challenges such as homelessness, substance use, and mental health problems, etc. People in such situations often have several different professionals from different services involved in their support, which can be confusing in terms of understanding roles and available resources. TAM provides a clear structure that ensures the person's goals and preferences are central to the discussion, that everyone knows what needs to happen next, and that the individual is empowered to make decisions for themselves.

## How can a Team Around Me meeting help you?

- All people involved in supporting you can come together to hear your goals and priorities. Together, everyone can agree on their roles in achieving them.
- You can share anything you find difficult, and your 'team' will work through challenges together.
- Most importantly, you and the services that support you can discuss what is going well, what you are proud of, and what you have already achieved.

## How do Team Around me meetings work?

- You can meet with the people who support you in person or online – whichever suits you best. If you need assistance accessing the meeting, whether in person or online, your support worker can help you attend.
- If you prefer not to attend, you can choose one of the people who support you to represent you and communicate your goals, challenges, and preferences to your network. This designated worker can be your 'voice' at the meeting and will provide you with feedback on the discussions and any subsequent steps.



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## What people have said about attending their TAM meetings

I felt really really empowered

(client who attended their TAM)

I was able to be really open and honest with everyone

(client who attended their TAM)

“ I really valued the experience and wish I would have attended one sooner. I appreciated being able to have my voice heard and to have an equal and honest conversation. I got to see the staff were on my side. ”

(client speaking about past experiences)



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