

Guide to a Good Day



To support someone effectively, it's helpful to understand their communication style and daily patterns. A good way to do this is by keeping a diary that shows how different days might unfold for the person. This diary should include strategies for both positive days, when they are feeling resilient, and more challenging days, when they may be experiencing personal difficulties.

As supporters, we can learn to recognize what certain behaviors might be communicating and how to respond in a way that helps. In the example below, the supporters have started by identifying the communication signals, what they mean, how to prevent further confusion or distress, and how to help Mildred return to a Good Day.

This guide is designed to help you:

- **Recognise and acknowledge what is being communicated**
- **Understand the underlying cause**
- **Respond appropriately to the person's needs**
- **Support them in returning to a positive, balanced state.**

Keep in mind, what works often depends on the person's ability to process information, which can vary throughout the day - just as it may for you.

Most importantly, it is a LIVE DOCUMENT and everyone should feel encouraged to contribute their thoughts and ideas.

Guide to a Good Day

EXAMPLE

<p>MY IDEAL DAY WILL LOOK LIKE...</p>	<ul style="list-style-type: none"> • gentle wake and support to wash in the bathroom • encouraged me to choose breakfast and help with preparation • I often like to telephone my mum after breakfast and arrange ...
<p>WHEN I AM FEELING CALM, UNFLUSTERED AND AWARE OF HOW I AM FEELING I WILL LIKELY...</p>	<ul style="list-style-type: none"> • Make good eye-contact, ask questions about you and talk about things I'd like to do today • I would like help to prepare for the day and would like to make my own packed-lunch
<p>IF I AM FEELING ANXIOUS AND UNSETTLED, OR IN DISCOMFORT I MAY...</p>	<ul style="list-style-type: none"> • decline getting out of bed • shout when roused from bed, I may swear • prefer to not brush my teeth but might like help to wash • refuse any breakfast at all, I might prefer to sit in silence on the sofa
<p>HOW I WOULD LIKE YOU TO SUPPORT ME WHEN I FEEL LIKE THIS...</p>	<ul style="list-style-type: none"> • Simply knock the door and tell me the time and ask me if I need a pee or remind me of any plans, please don't nag me to get up • I would prefer to wash in silence, I don't prefer small-talk early on! • Please put the radio onto Breeze FM and leave me in peace, I will let you know when I am ready to have a conversation
<p>WHEN I AM...</p>	<p>...not making eye-contact, repeating your words very loudly, sometimes I may become frustrated and throw things</p> <p>I am feeling frustrated and anxious, possibly a recent plan has not happened. I may be suffering from an exacerbation of my IBS which can cause me to feel uncomfortable or bloated.</p>
<p>HOW CAN YOU HELP ME...</p>	<ul style="list-style-type: none"> • Keeping verbal demand and questions to a minimum • Reschedule and plans or visitors, I would not like to upset anybody • I have agreed that personal and breakable things are best put somewhere safely so that we can rearrange them together when I am having a better day • Try to ascertain when I last had a bowel movement, follow IBS plan if appropriate