

# Writing main messages

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

### 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:

Write down your specific goal below:

**Tip:** Make your goal positive. Write it as what you want instead of what you don't want.

### 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:



## Add groups of information

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
- Responses 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:

Write your main messages below. Use the ideas from the column on the left:

## 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.

