

How to use this resource

Dance Card

This resource has been designed to help people who have one or more supporters helping them with goals.

This was born from hearing stories where people felt their workers were not on the same page as them and also stories where multiple supporters were all trying to achieve similar things in very different ways.

This resource must be used by the person accessing services, however a service provider may present it to a person and ask if they would like to try it. The finished product will be written by the person and copies can be shared with each "dancer" in the person's life

PLEASE TEST and TRY this resource:

Remember this document is part of the TEST and TRY phase of a human centred design process. The idea behind publishing an unfinished version of this resource is so that people can try it out, see if it is useful and provide us with feedback about how to make it better. Maybe you used this in a totally different way? Got ideas for other resources? We want to hear from you as this will ensure that by the end of the Mind-Life project, we have a suite of resources developed with the people, for the people.

Please share your experiences of using this resource. Contact Gill Townsend at Bridges gillianT@bas.org.au

mind-lifeTM
LIVE DIFFERENT, THINK DIFFERENT, BE DIFFERENT

DANCE RULES

HOW WILL WE DANCE WELL TOGETHER?

Mind-life project Test and Try (version 1) February 2021

This is your dance card. You are the lead dancer. You choose what dances you want to participate in and who you want to dance with. You may ask someone else to take the lead temporarily, but you can choose to tap back in when you're ready

Sometimes we dance with more than 1 partner. The more dancers, the more steps. Before we start, we need to negotiate who is doing what steps so that we don't trod on eachothers toes

Once a dance has begun, it's important that each dancer sticks to their steps and communicates clearly. If we are not dancing well together we need to stop and re-negotiate the steps

As the lead dancer, the others are looking to you for feedback. What indicators will tell you the dance is going well?
How will you know if the steps are fitting together or when the dance is finished?
Discuss and write this down before you start.

As the lead dancer you can call for a pause or stop at any time. Other dancers may also need to leave or change their steps. If they do, the whole dance crew needs to renegotiate their steps to keep the dance moving

MY DANCE CARD

MY LIFE IS A DANCE AND I CHOOSE WHAT DANCES I WANT TO PARTICIPATE IN AND WHO I WILL DANCE WITH.

Each dance on this card is a challenge or goal you're working towards
For example: Get a job/ improve my confidence/ become more involved in the community

DANCE 1

DANCE 2

DANCE 3

DANCE 4

DANCE 5

DANCE 6

DANCE:

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**WHEN WILL
WE KNOW
THE DANCE
IS FINISHED**

DANCER 4:

DANCER 3:

DANCER2:

MY STEPS:

DANCERS

**DANCE START
DATE:**