

Dear Colleagues,

As we wind down another year, I am reflecting on the enormity (no pressure) of the supporter's role in the lives of the people we support. Now more than ever, what we say, what we do, and how we choose to show up and support others is important and impactful. The role of finding ways to support someone to have a positive quality of life is no easy task. I hope that I have made that role a bit easier with these bite sized "A Supporter's Toolbox" episodes. To express my gratitude for all you do as a supporter, I offer a few favorite episodes to listen to as we go into a new year hopefully striving to do better than the year before in this important role.



1. **Use It or Lose It: A Brain's Potential:** *It is critical to take advantage of all your brain has to offer by engaging in things that help to build new neurons and brain pathways. We will talk about ways we can create and optimize opportunities to support brain flexibility.*
2. **Repeat After Me: We Support Lifelong Learners:** *Have you ever made assumptions about what the person you support can and cannot do? Sometimes our brain takes shortcuts that lead to unintentional bias towards others, including the person you support. We will talk about ways that you can shift even unconscious bias and always view the person you support as a lifelong learner.*
3. **Guest Series with Jordan Hollander- It's the Journey and Not Just the Destination:** *Sometimes we focus too much on supporting someone to simply create goals and tend to ignore what drives those goals. We continue our conversation from the previous episode focusing this time on distinguishing values and goals and their role in creating a meaningful life.*
4. **Making Social Capital a Priority:** *People in our lives serve as important resources for getting jobs, engaging in recreational opportunities, feeling socially connected, and overall well-being. We will talk about the importance of investing in social capital in your role as a supporter.*
5. **Beyond Keeping Someone Safe: A Supporter's Role:** *As a supporter, how do you view your role? We know it is much more than keeping people safe. We will discuss the influence you have on the people you support and challenge you to think beyond just safety.*

Again, thank you for your steadfast commitment to this work. I am proud to do it alongside people like you!

Cheers, Stacy

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