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# Support Interview Guide

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*Who's there for you?*



**Family Support and Services Project**

# Support Interview Guide

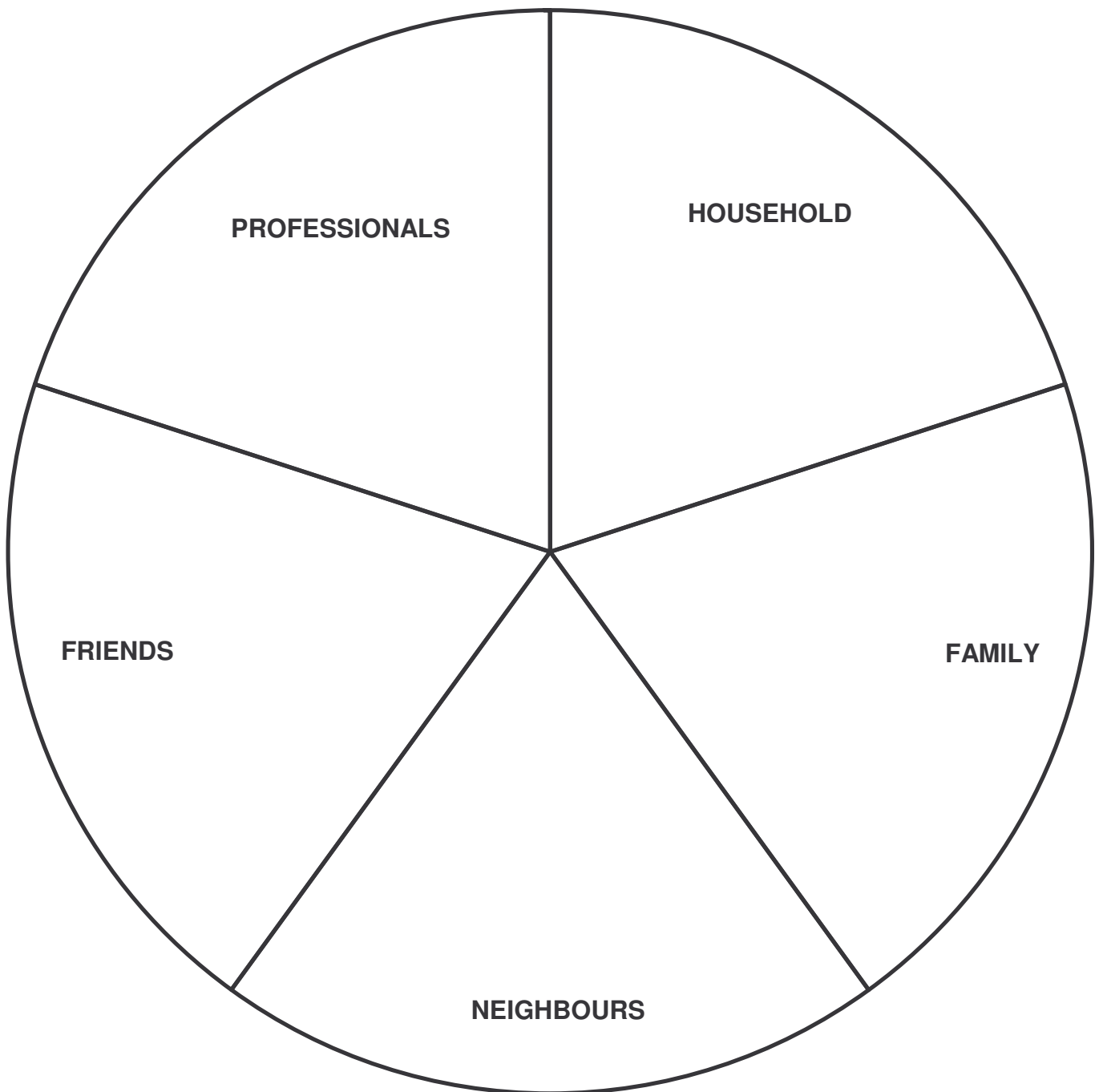
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**Family Support & Services Project**  
School of Occupation & Leisure Sciences  
Faculty of Health Sciences  
The University of Sydney

2000

**Based on the work of:**  
House, Umberson & Landis, 1988  
Tracey & Whittaker, 1990  
Llewellyn, McConnell & Bye, 1995

1.

The first thing we need to do is list the names of people who support/help you, and people who you turn to for support/help when you need it. We are not going to list the names of everyone you know, just those people who support/help you most (no more than 10 people). Think of people that you talk to when you are worried, angry, or upset. Think of people who help you in practical ways, like filling out forms, lending you money, or baby-sitting. Think of people who you go to for advice or information. Think of people you like to go out with, or just spend time with. We are going to write their names in the segments of this pie.

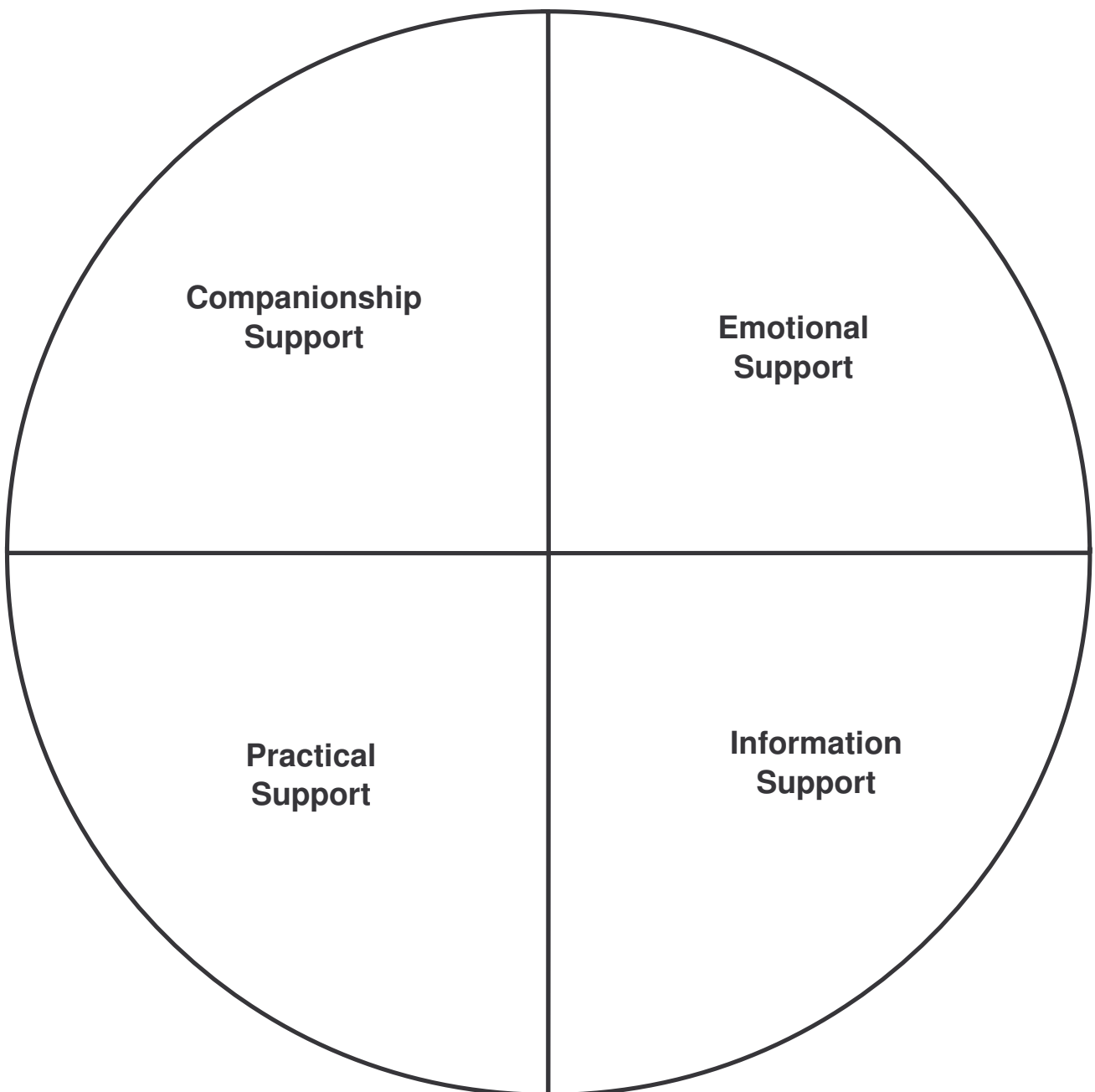


2

Now we're going to put the names of those same people onto another chart. This time, we are arranging them according to the type of support they give you. We have divided support into 4 different types.

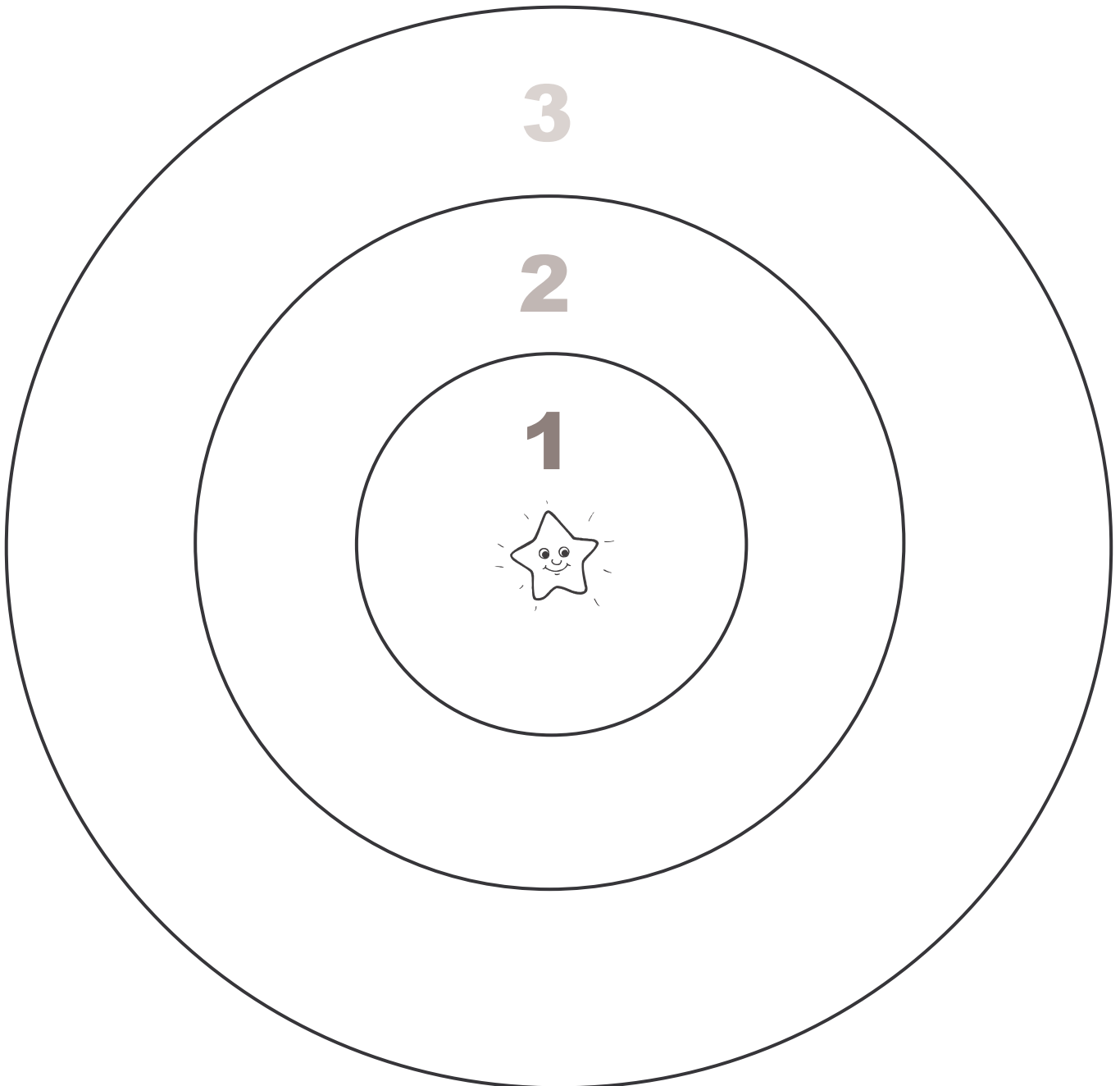
**Show support cards** (*Explain each type of support to parents and ask them for another example to check their understanding.*)

For each of the support people we have talked about, what kind of support do they provide (each person can provide more than one type of support). We will write their names in those sections of the circle.



3.

Now we're going to put the names of those same people onto another chart. This time, we are arranging them according to how close you feel to them. In the inner circle (1), let us put the names of the people who you are so close to, that it is hard to imagine life without them. In the middle circle (2), let us put the names of people who are not that close but are still very important, and in the outer circle (3) let us put the names of people who are not as close as those in the middle circle but are still a support to you.





**Nearby**

**Walking distance**

**Not far**

**A short & easy trip by car or public  
transport**

**Far**

**A long or difficult trip**

**Very Far**

**Too far for a day trip**



**Every day**

**More than once a week**

**Weekly**

**Fortnightly**

**Monthly**

**A few times a year**

**Maybe once a year**



**Less than 3 months**

**3 -12 months**

**1-5 years**

**More than 5 years**

**Not at all comfortable**

**A little uncomfortable**

**Comfortable**

**Very comfortable**

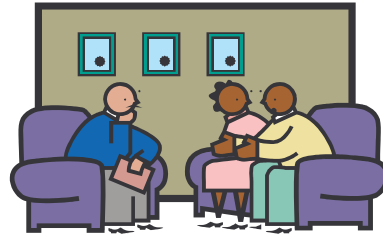


**They mostly help you**

**You help each other**

**You mostly help them**





## Information Support

- ✓ Telling you things you need or want to know
- ✓ Answering question
- ✓ Giving you good advice

## Emotional Support



- ✓ Cares about your feelings
- ✓ Listens to your problems
- ✓ Makes you feel good about yourself



## Practical Support



- ✓ Helping around the home
- ✓ Helping fill out forms
- ✓ Driving you places
- ✓ Helping with money
- ✓ Baby sitting



## Companionship Support

- ✓ Getting together for a chat
- ✓ Going out for coffee
- ✓ Doing things together like shopping or things you both enjoy

