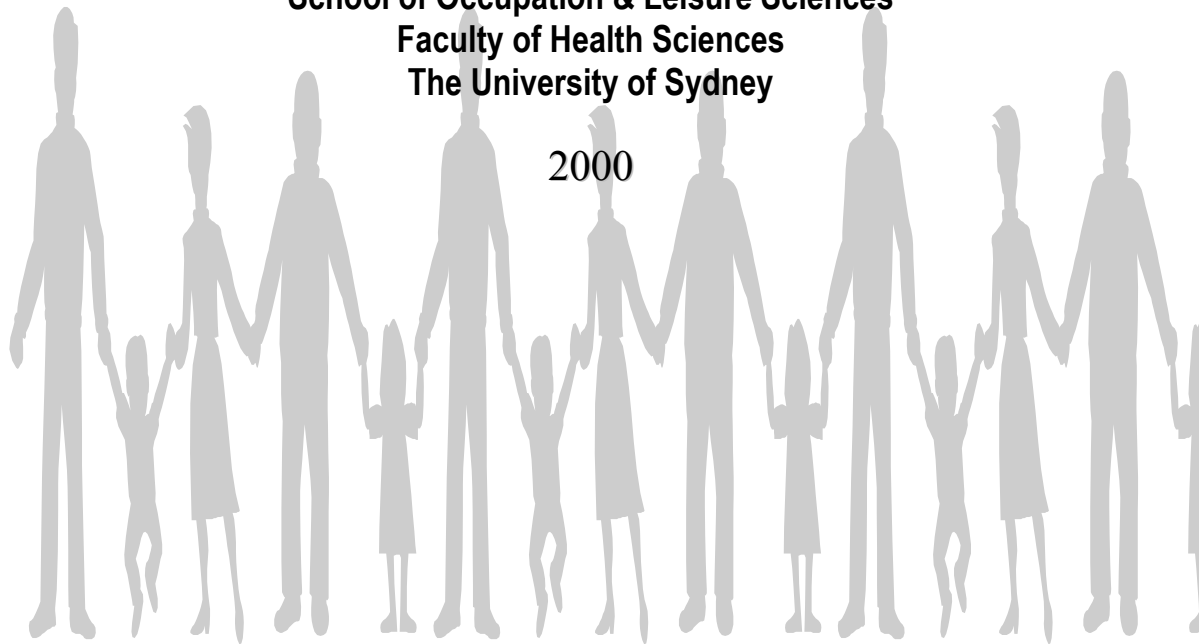


# SUPPORT INTERVIEW GUIDE

## Family Support & Services Project

School of Occupation & Leisure Sciences  
Faculty of Health Sciences  
The University of Sydney

2000

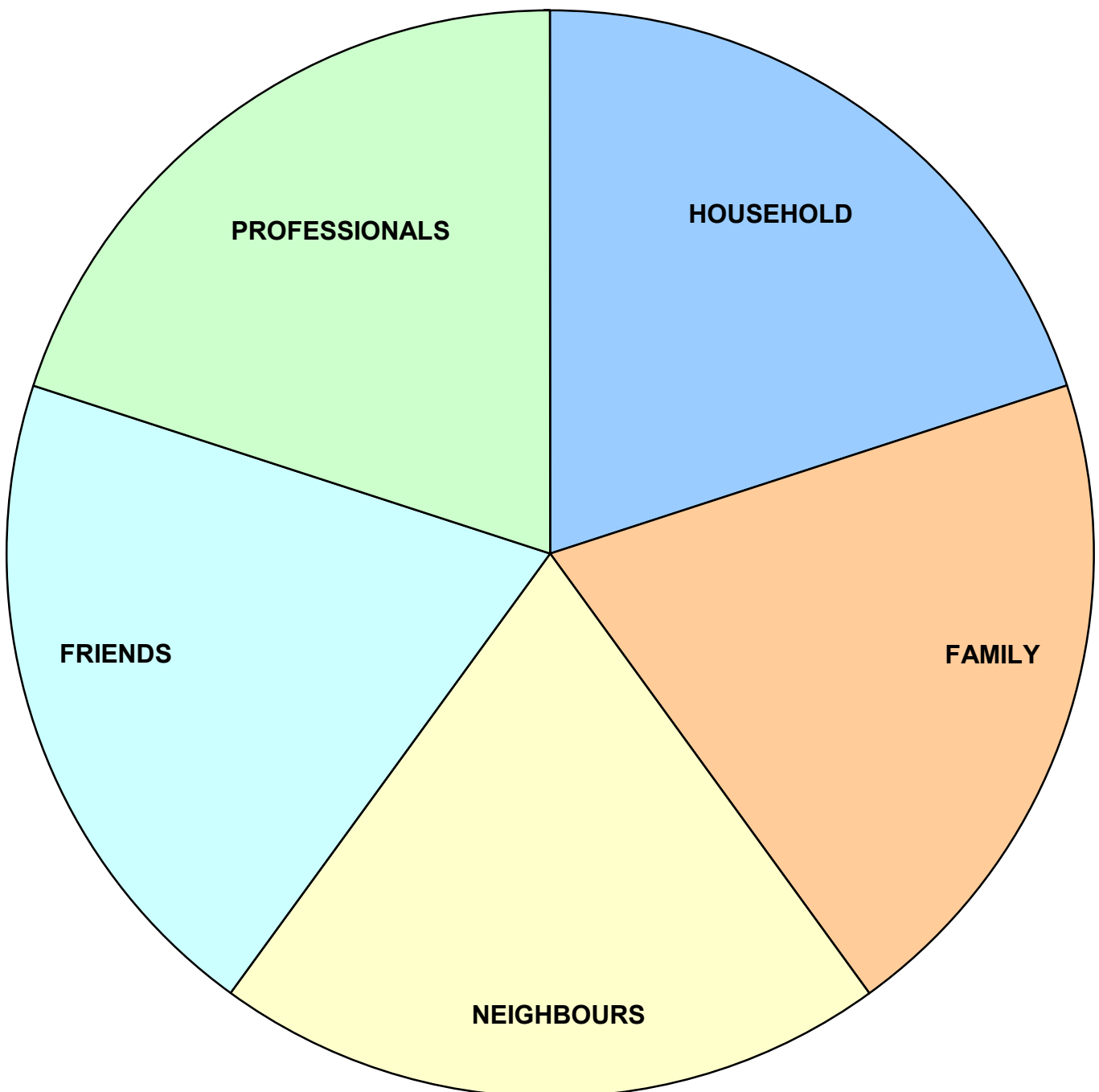


***Based on the work of:***

House, Umberson & Landis, 1988  
Tracey & Whittaker, 1990  
Llewellyn, McConnell & Bye, 1995  
Llewellyn, McConnell, Cant & Westbrook, 1998

**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.

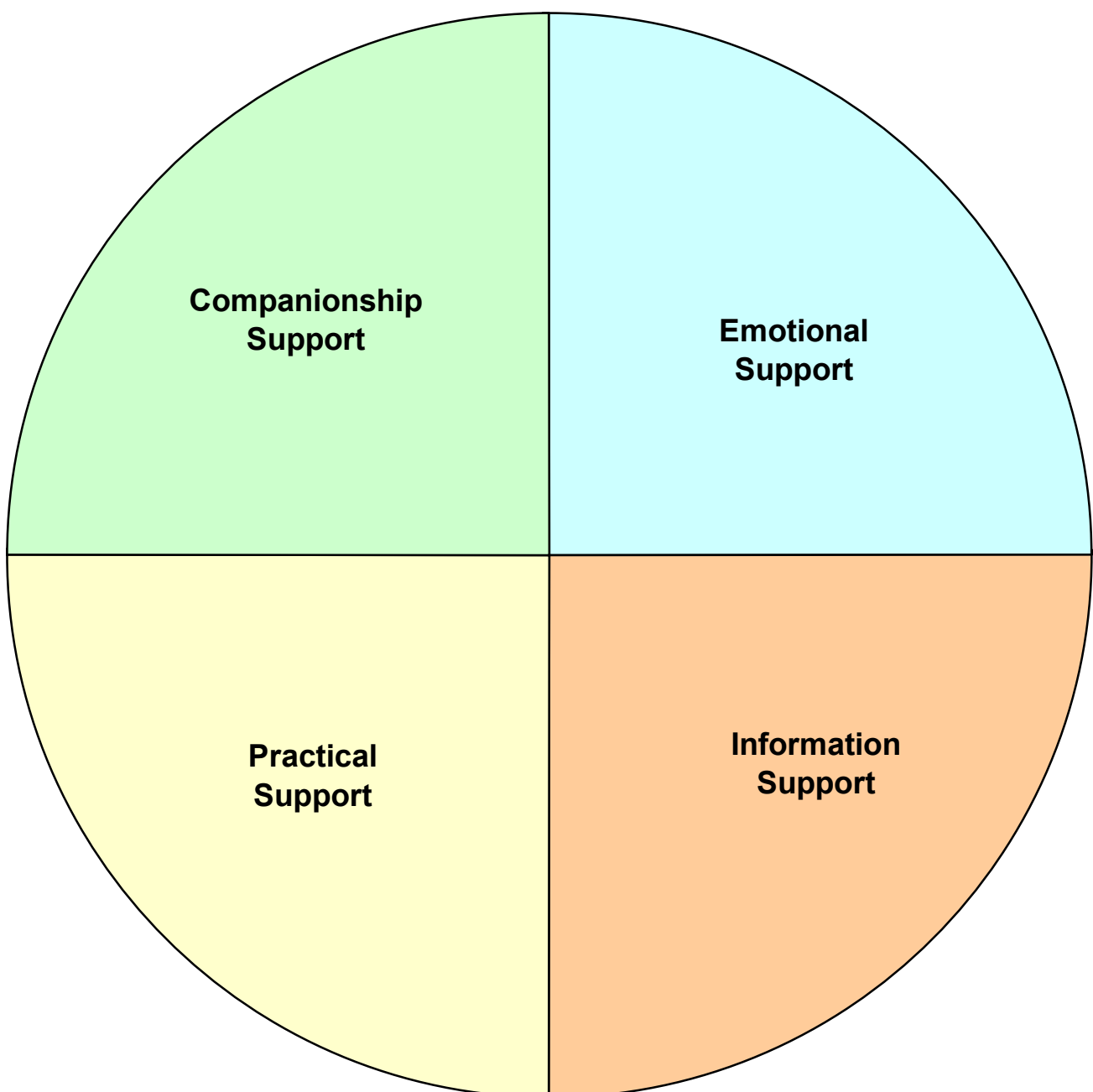


2.

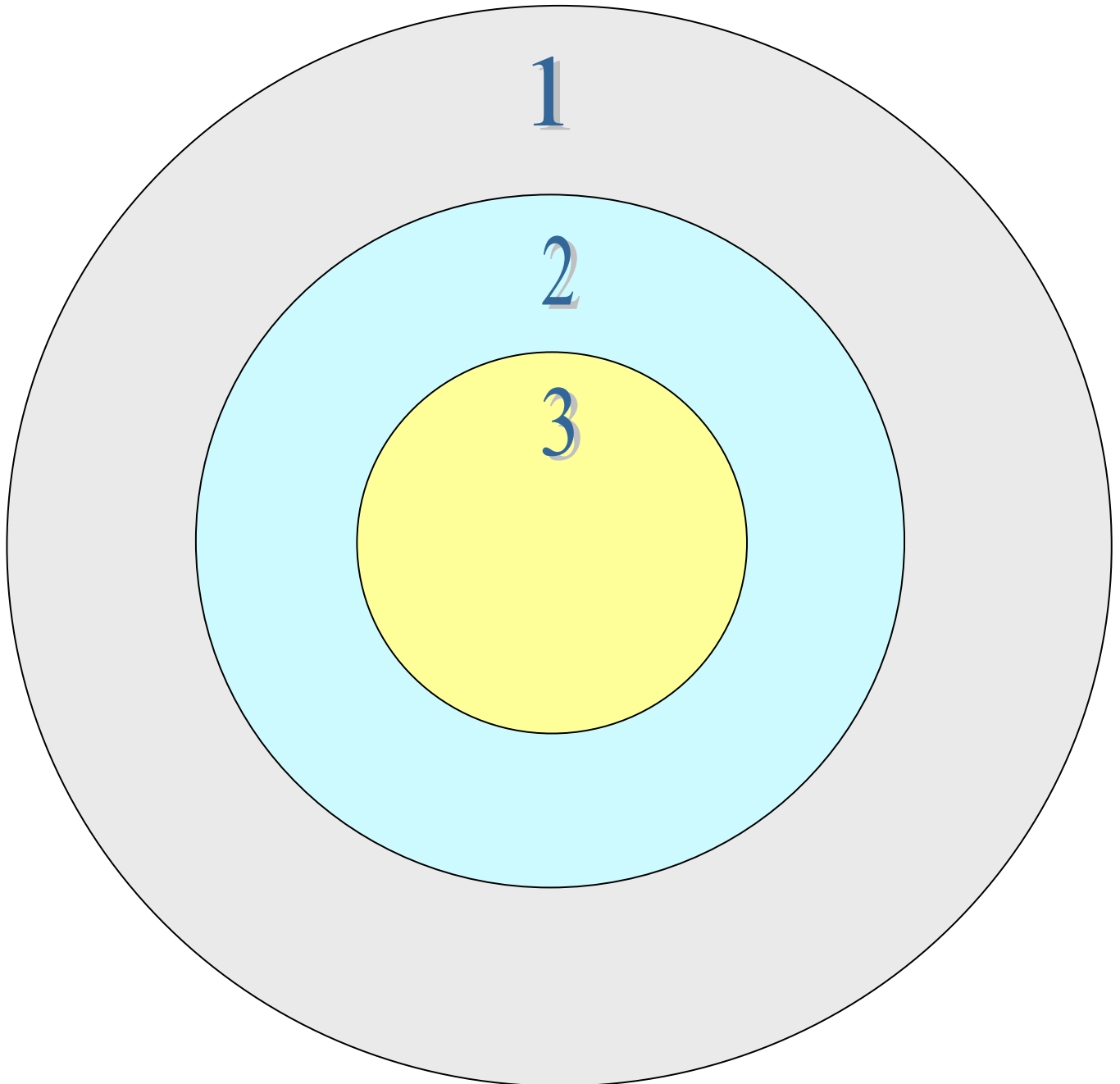
Now we're going to put the names of those same people onto another chart. This time, we are arranging them according to the type of support they give you. We have divided support into 4 different types.

**Show cards F.** (*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, 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, let us put the names of people who are not that close but are still very important, and in the outer circle 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.





A

**(1) Nearby (walking distance)**

A

**(2) Not far**

(i.e. a short/easy trip by car or public transport)

A

**(3) Far**

(i.e. a long or difficult trip)

A

**(4) Very far**

(i.e. too far for a day trip)

D

**(1) Not at all comfortable**

D

**(2) A little uncomfortable**

D

**(3) Comfortable**

D

**(4) Very comfortable**

C

**(1) Less than 3 months**

C

**(2) 3-12 months**

C

**(3) 1-5 years**

C

**(4) More than 5 years**

B

**(1) Every day**

B

**(2) More than once a week**

B

**(3) Weekly**

B

**(4) Fortnightly**

B

**(5) Monthly**

B

**(6) A few times a year**

B

**(7) Maybe once a year**

E

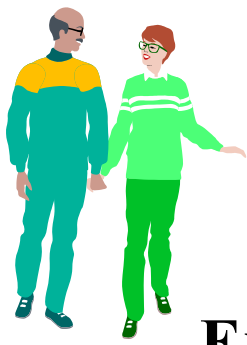
**(1) They mostly help you**

E

**(2) You help each other**

E

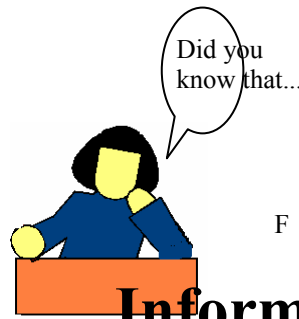
**(3) You mostly help them**



F

## Emotional Support

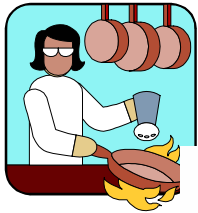
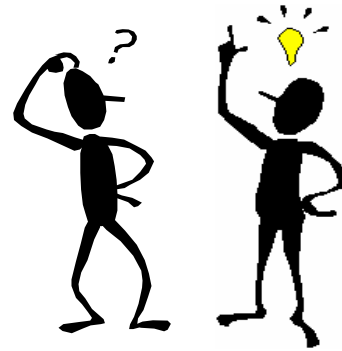
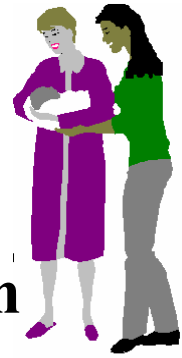
- Listening to your problems
- Caring about your feelings
- Providing a shoulder to lean on
- Making you feel cared for or loved



F

## Information Support

- Telling you things you need to know or want to know
- Answering your questions
- Giving you good advice



F

## Practical Support

- Helping you with cooking or housework
- Filling in forms
- Driving you places
- Lending you money
- Baby-sitting



F

## Companionship Support

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

