

Relationship circle

The relationship circle records who is in the person's life including partner, family, friends, paid and unpaid support and work colleagues.

This tool helps services:

- learn about the important people in the person's life
- identify the balance of partner, family and friends versus paid supports
- find out if there are key people who may not be obvious
- see where there are gaps
- identify where existing relationships may be strengthened, maintained, or renewed.

How to use the relationship circle tool

The person is supported to write the names of people they know in each of the sections. People closely involved with the person are included in the inner circle. The middle circle should include people who have more limited current involvement. The outer circle identifies other people known to the person who do not have current involvement in their life.

Some people may want to include pets, people who are deceased, or people who don't see themselves as having a relationship to a person at all.

Be sensitive about this information, as some people may learn that a person does not feel as close to them as they would expect, and vice versa.

Once the tool has been completed, the person can be supported to consider the following questions

1. How comfortable are you with the number of people involved in your life?
2. Are you using your support network to the fullest extent you need?
3. If you are under-using your support network, what is stopping you? (Examples: beliefs, attitudes, concerns)
4. In what ways can you improve the quantity or quality of support you receive?

Person	How they help now	Realistic helpful changes

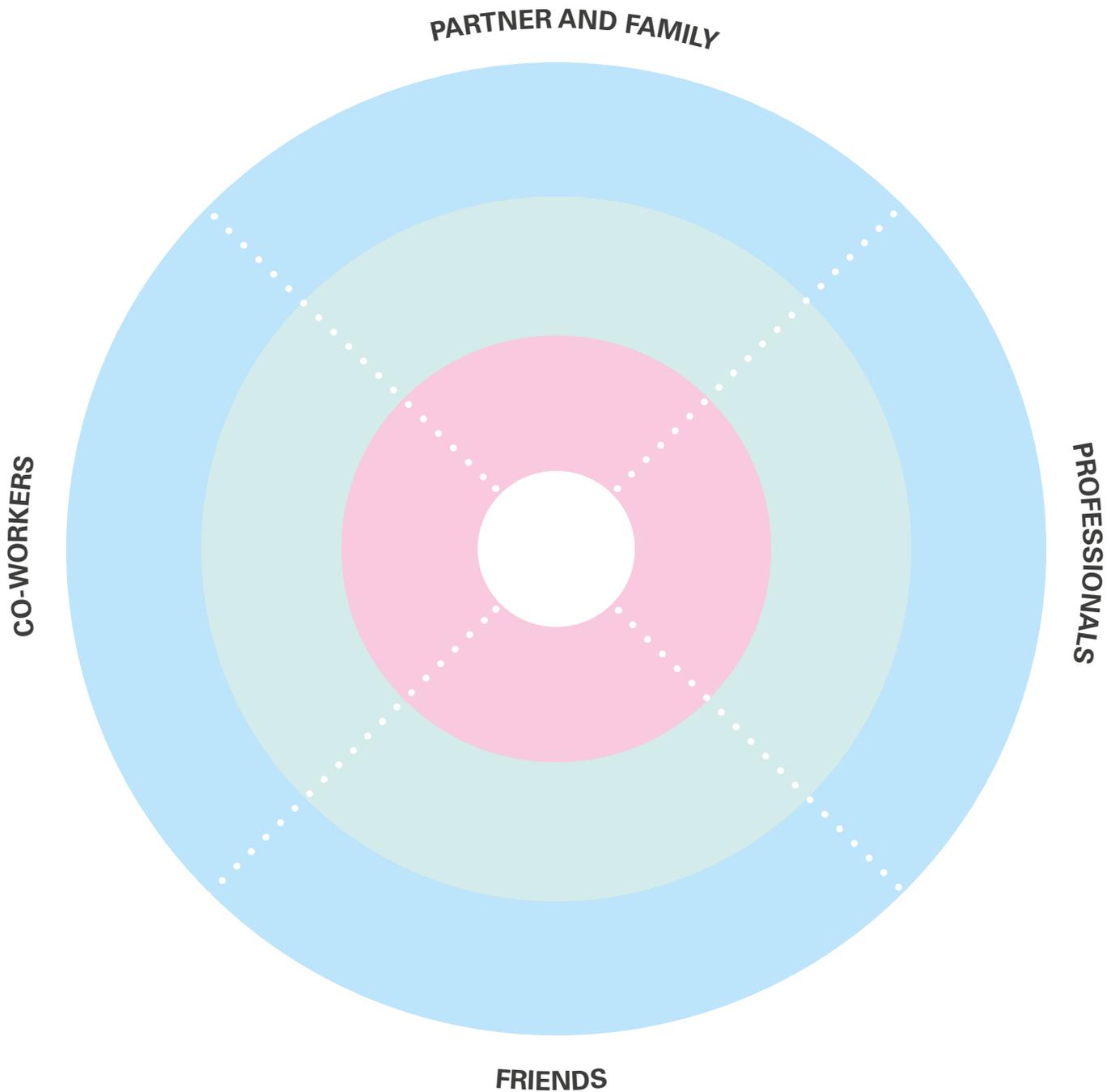
HIV-Associated Neurocognitive Disorders (HAND)

Relationship circle

INNER CIRCLE: People who are very close to me and who I trust

MIDDLE CIRCLE: People who I like to meet and spend time with

OUTER CIRCLE: People who I know and who might be important



**ALZHEIMER'S IS ONE FORM OF DEMENTIA
AUSTRALIA IS TACKLING THEM ALL**