

The 3 pillars model

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1 2 3

People need **3 stable pillars** to feel supported



- people



- places



- activities

People



- meeting new people



- the death of someone important to you



- change in carers

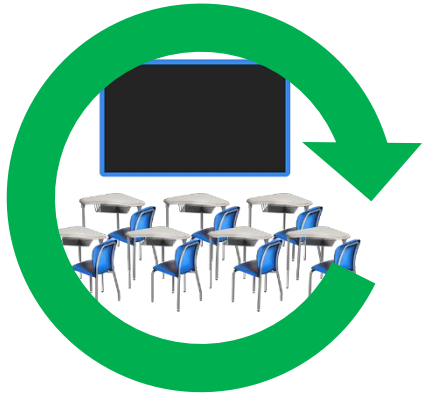


Places

- moving home



- changing day centres



- changing schools

Activities



- being ill or hurt



- a class coming to an end



- a change in the weather



- a break in going to the day centre



The leaflet

Let's look at it together

- is it helpful?
- who can we give it to?
- would you want your carers to have a copy?



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Any questions?

Do you have any questions or feedback for me about the model or the leaflet?