

# FINDING THE RIGHT FIT

tools to help you in decision making

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## The first thing we need to understand:

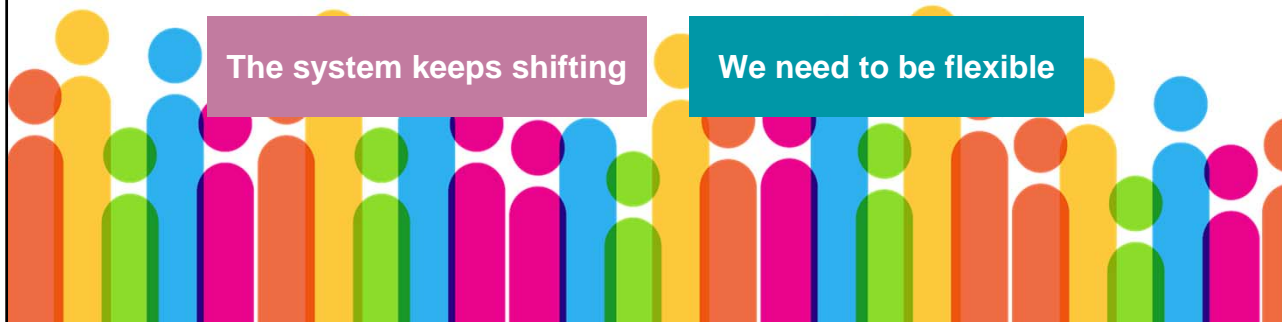
The “right setting” for our kids may not be a single setting & it may not be the right fit forever

Our kids evolve

Their needs change

The system keeps shifting

We need to be flexible



## The second thing we need to understand:

We can never guarantee that we're making the right decision for our child

We can't see into the future

We need to be okay with the unknown

We need confidence in our decision making

We can employ tools to help us

## Tools to help make decisions

Mindset Matrix

Risk Matrix

# MINDSET MATRIX

Managing your mindset to make confident decisions



## Mindset Matrix

### MINDSET MATRIX

Use this table to document your fears, issues and concerns. Identify a different way to view the issue and switch your thinking to pinpoint the positives from each situation.

<b>FEARS</b> – list your fears, to put them in perspective	<b>ISSUES</b> – break down each issue to be addressed separately
<b>FACTS</b> – what do you know for sure?	<b>SWITCH</b> – if something happens, how can you turn it around?
<b>UNKNOWNNS</b> – list everything that's not a fact (assumptions, future concerns)	<b>POSITIVES</b> – what positives might come of this situation?

FEARS	FACTS	UNKNOWNNS	ISSUES	SWITCH	POSITIVES

MINDSET MATRIX - POSITIVE SPECIAL NEEDS PARENTING



## MINDSET MATRIX IN ACTION

Face up to your fears

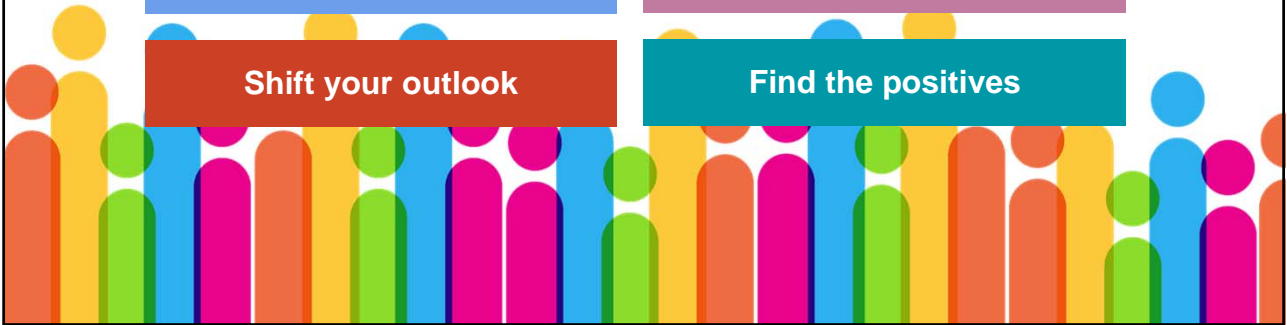
Identify the facts

Ignore the unknown

Break down issues

Shift your outlook

Find the positives



## RISK MATRIX

Using rational thinking to make confident decisions



# Risk Matrix

RISK MATRIX – LIKELIHOOD Vs CONSEQUENCE

	A	B	C	D	E	F
1	RISK MATRIX – LIKELIHOOD Vs CONSEQUENCE					
2						
3		CONSEQUENCE				
4	LIKELIHOOD	Insignificant	Minor	Moderate	Major	Catastrophic
5	Almost Certain	MEDIUM RISK	MEDIUM RISK	HIGH RISK	EXTREME RISK	EXTREME RISK
6	Likely	MEDIUM RISK	MEDIUM RISK	HIGH RISK	HIGH RISK	EXTREME RISK
7	Possible	LOW RISK	MEDIUM RISK	MEDIUM RISK	HIGH RISK	EXTREME RISK
8	Unlikely	LOW RISK	LOW RISK	MEDIUM RISK	MEDIUM RISK	HIGH RISK
9	Rare	LOW RISK	LOW RISK	LOW RISK	MEDIUM RISK	HIGH RISK
10						
11						
12	Problem	Likelihood	Consequence	Risk Result	Action	
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						

## Tools for finding the right fit

The right setting may change or be more than one setting - it helps to be flexible

We can never guarantee we're making the right decision - we need to be okay with that

Remember there are tools we can use to make more confident decisions