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21 March 2019

[Transcript for 'Understanding your current supports'](#)

To get ready for your planning meeting, think about your current supports and who provides them, and what supports and services you may need to pursue your goals. To find out more visit the [How the planning process works](#) page.

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What to do if you are unhappy with the support you are getting

[Self-management video: What to do if you are unhappy with the support you are getting](#)

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A few small pieces of technology see Melissa soar.

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