

Choosing your supports, one clear step at a time

A free, neuroaffirming kit for interviewing and choosing the support workers and allied health practitioners who actually get you.

Walk in prepared

This guide walks you through using Side Kick from start to finish. You don't need an account to begin, and nothing you record is shared with anyone unless you choose to share it.

What Side Kick does

Choosing a support worker or allied health practitioner is a big decision, and interviews can be draining. Side Kick takes the pressure off: it builds your list of expected tasks and the right questions for you, gives you a sheet to record answers, and lets you compare people and share a summary — so you can choose the right fit instead of settling.

Never a blank page

Everything starts from a neuroaffirming baseline. You just tick what fits and add anything that's yours.

You hold the controls

You choose what to record, who to share it with, and when. Nothing happens without you.

Step by step

1

Open Side Kick and start building

Go to the website and select **Build your interview kit**. You don't need to sign up to start.

2

Choose who you're interviewing

Pick a **support worker** (help with daily life, home, community) or an **allied health practitioner** (a social worker, OT, psychologist, speechie, physio, dietitian or similar).

Your kit starts from a baseline built for that kind of support.

3

Set your expected tasks

Look through the tasks Side Kick suggests. Switch off anything that doesn't apply to you, and add your own. This becomes the list you can share with the person — it's what the role looks like for you.

4

Choose your questions

Do the same with the questions. The small note under each one tells you what a good answer reveals. For allied health, you can also tick your **sensory needs** from a ready-made list.

5

Name it and get your sheet

Give your kit a name and select **Generate my sheet**. Side Kick hands you a ready-to-use interview sheet — your tasks, your questions, and space to record answers.

Tip: you can print the sheet or save it as a PDF to take in on paper (see the last page).

6

Run the interview

Add the person's name, then work through the questions. Write down what they say and rate each answer from 1 to 5. You can do this during the interview or afterwards — whatever's easier. Give them an overall fit rating at the end.

7

Compare and decide

Interviewed more than one person? Select **Compare** to see them side by side against the same questions, so you can choose on fit — not on who you met last.

8

Share a summary (if you want to)

Select **Share a summary** to create a link for one person — a family member, coordinator, or another worker. You choose exactly what it includes, and you can revoke the link any time.

Saving your kits

To keep your kits and come back to them later, sign in with your email — there's no password, just an 8-digit code we email you. Anything you built before signing in is saved to your account automatically.

Saving a sheet as a PDF

On your interview sheet or a shared summary, select **Print or save as PDF**. In the window that opens, choose **“Save as PDF”** as the destination (instead of a printer) and select **Save**. You'll get a clean copy you can keep, email, or print.

A few good-to-knows

- It's free, and there's no sign-up needed to start.
- Nothing is shared unless you create a share link yourself.
- Works on your phone, tablet or computer — use whatever's comfortable.
- There's no wrong way to use it. Take breaks, come back, change your answers any time.