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On-Line First

DSPs are Spoons that Empower Community



About the Author

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About the Project

In my art project, there are a variety of shapes and sizes of spoons.

I used spoons because, according to the Spoon Theory, spoons represent the energy of a person. Some people only have a few spoons of energy to get through their day, and they have to rely on spoons of energy from other people. For example, a person may have enough spoons of energy to get dressed but may need help to do anything else.

Some people need help in different ways, for example, attending an activity, or doing the shopping, or maybe meeting with friends. People may not have the spoons (ability) they need to participate.

DSPs are the key to unlocking the door to the community. The spoons symbolize the support that DSWs provide, so that people can be included. DSWs are the bridge to inclusion. DSWs support people to reach their full potential.

The colours represent the unique communities we belong to. It takes all of us together, playing our important roles, to hold the community in place.

It takes the effort of everyone, each of us contributing our spoons to the community, to ensure inclusion for all.

Miserandino, C. (n.d.). *The Spoon Theory*. But You Don't Look Sick. Retrieved August 18, 2025, from <https://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

Spoons of Support: DSPs Empower Community

By Nicole Flynn

Spoons are energy
Colourful community
Everyone unique

Our communities
Gathering spoons side by side
Living life our way

Upholding neighbours
Living takes many spoonfuls
Everyone helps out

People need support
And encouragement to live
Reaching for our goals

DSPs support
As the foundation to true
And real inclusion

DSPs make life
Equitable, filling in
The space for access

Dust off each other
Empowerment is our strength
Equity guides us

DSPs are the
Spoons that bridge our way to true
Heartfelt belonging

Accept each other
No matter how we appear
Lean on each other

Spoons of all shapes and sizes
Support the community
Together we stand