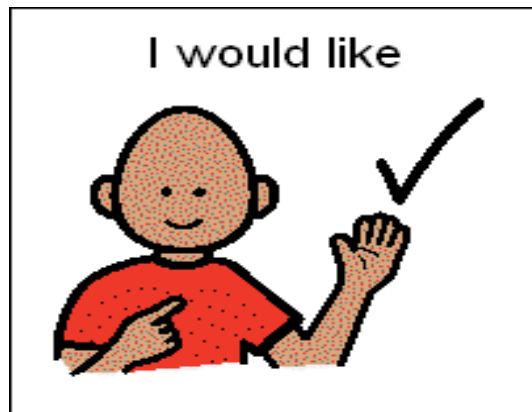


INFORMATION ABOUT SUPPORT PLANS



FROM THE BORDERS LEARNING DISABILITY SERVICE PROVIDER GROUP

Some Information about Support Plans

What are Support Plans for?

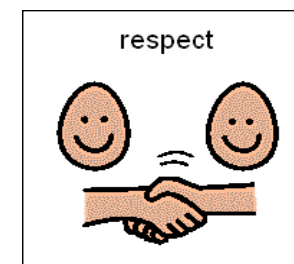
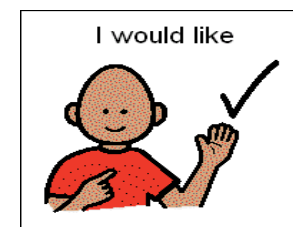
Your Support Plan helps to make sure that you are in control of your service.

It says how you want to be supported.

It keeps everyone up to date with what is happening for you.

It makes sure that all staff work in the way YOU want them to.

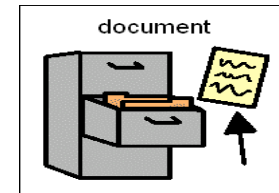
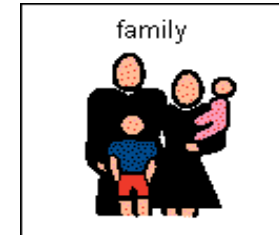
It is like a contract between you and the people who support you.



Your family, or advocate or social worker might be interested in your Support Plan.

The Care Commission might also want to see your Support Plan to make sure you are getting good support.

Your Support Plan might change as your needs and wishes change.

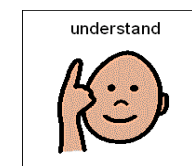
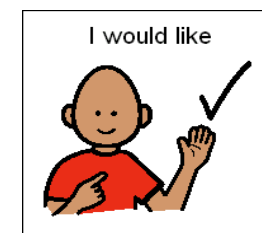
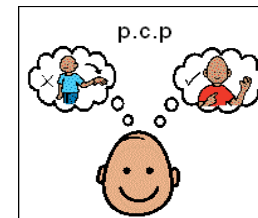


What is a good Support Plan?

A good Support Plan helps you to get the life you want.

Your Support Plan should:

- Say how you want your life to be, the things you want to achieve. Sometimes this is called an Outcome.
- Say what support you need from others.
- Be clear and easy for you to understand.



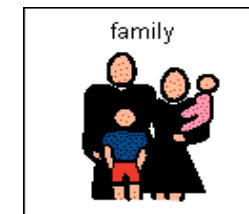
What should be in a Support Plan?

All the things that are important to you should be in your Support Plan.

Most Support Plans have these things in them:

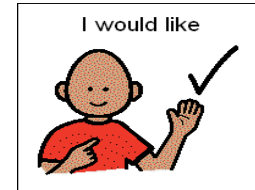
About Me:

- My likes and dislikes
- Things I do during the day and at week end
- Things I am good at
- Important people in my life
- How I communicate



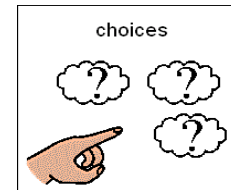
About my support:

What I need help with, and how I like to be supported



About my future:

My dreams and goals - things I want to do now and in the future



My Health and Safety

- What needs to happen to keep me healthy and safe?

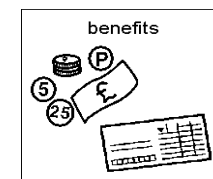
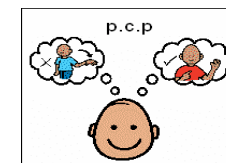


- Important medical information.

An Action Plan

What needs to change and how this will happen.

You can put other information in too, such as about your money, or your life story. This could mean important things that have happened in your life, or things that have worked well or not worked well for you. It is up to you.



What does a Support Plan look like?

Your Support Plan should be easy to use and to understand.

Your Support Plan should talk about you in a positive and respectful way.

You have the right to change anything that you do not like.

You decide where your Support Plan is kept and who can see it.

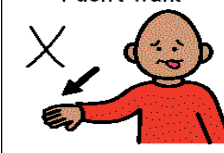
understand



respect



I don't want



consent

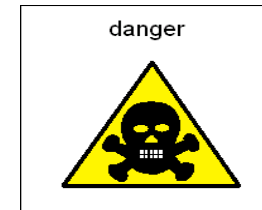


Thinking about Risk

Your Support Plan will probably have information about:

- What risks you face.
- What everyone needs to do to help you stay healthy and safe

Other key people in your life will probably want to help you to work out what to do about risks.



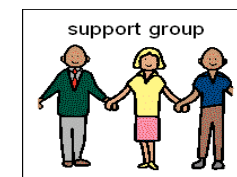
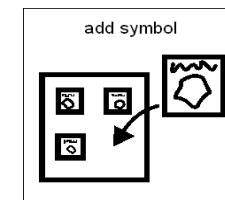
Putting your Support Plan together

You should be involved at every stage in putting your Support Plan together.

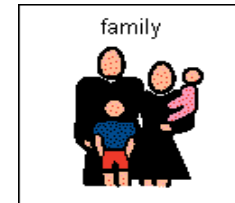
To help you understand your plan, you might want:

- Pictures or photos in your plan
- To choose a folder to put your plan in
- To decorate your plan
- To put your plan on tape or CD
- To put your plan on video

You and your support team can update your plan when you want to make sure it says what is important to you.



You might want to involve your family or friends in putting your support plan together. It can be useful to involve people who care about you, who might think of different things to put in your Support Plan.



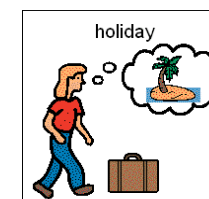
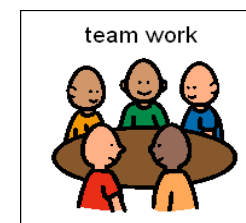
Using and reviewing your Support Plan

Your Support Plan should be updated regularly

Your Support Plan can help ALL your staff share what they are learning about the best way to support you.

You might want to get a larger group of people together at times bring your plan up to date - this is called a review.

You might want to have this kind of meeting if you want to plan for something special like a holiday or change of house.

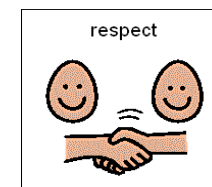
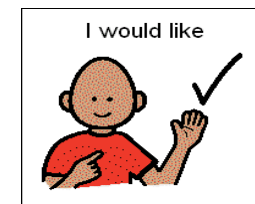
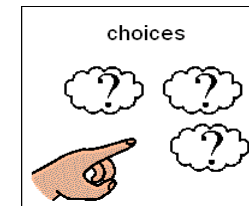


If you have a meeting like this, remember that you are in charge:

- It's your meeting
- You invite who you want to be there
- You have it at a time that suits you.
- You have it where you feel comfortable
- You talk about what you want to talk about
- Any record taken should be easy for you to understand.

At this meeting, you might want to think about whether the things you wanted to happen in your life have happened, or if you and others are taking steps to make them happen.

You might also want to think about how you feel about the support you get and if it is helping you to feel more in control, more involved and respected.



ACKNOWLEDGEMENTS

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- The Quality Assurance Group from Lanark Lodge
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- Sylvia Crick, ARC Scotland

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