

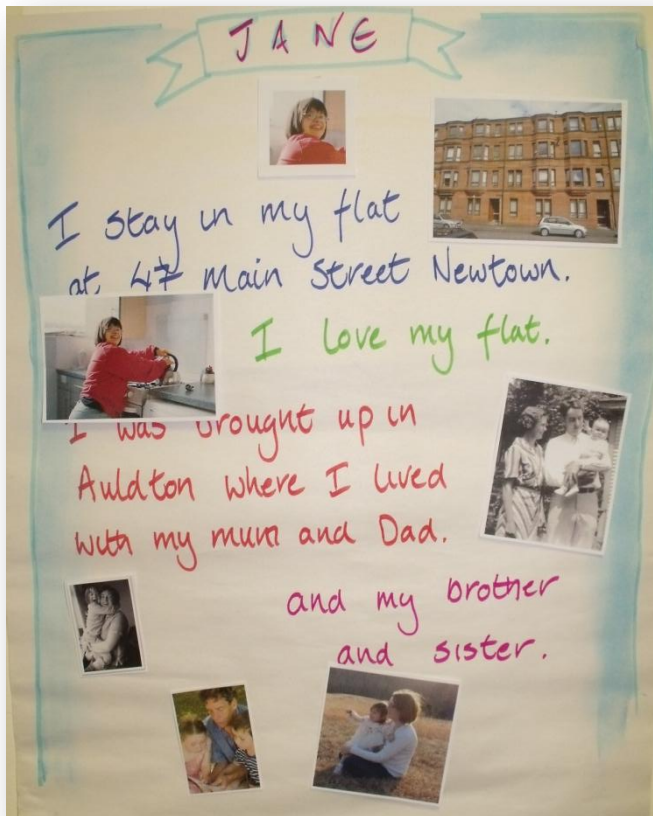
My Support Plan

Sept 2011

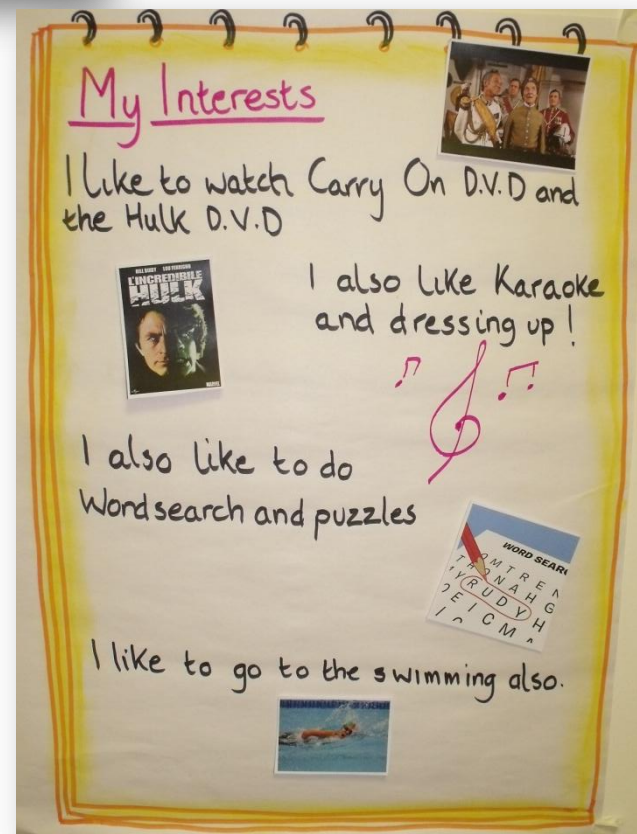


Jane Smith

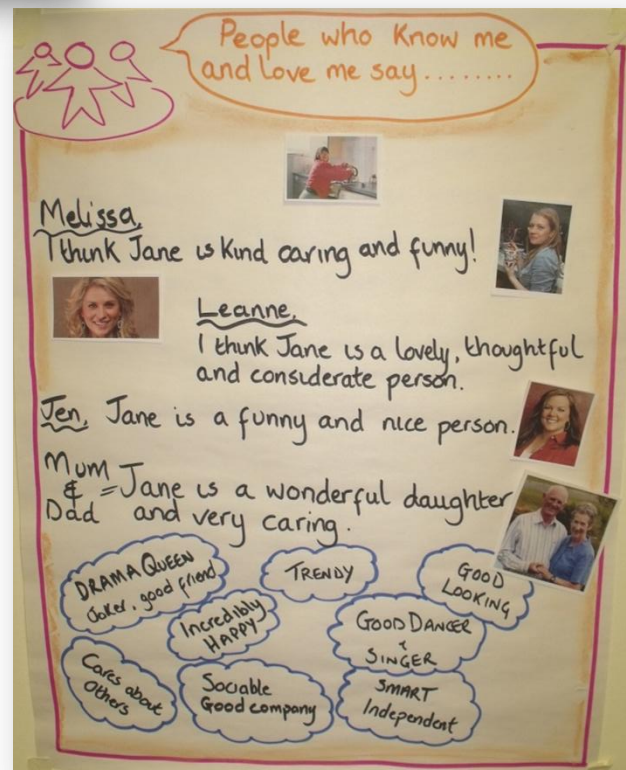
1. ALL ABOUT ME



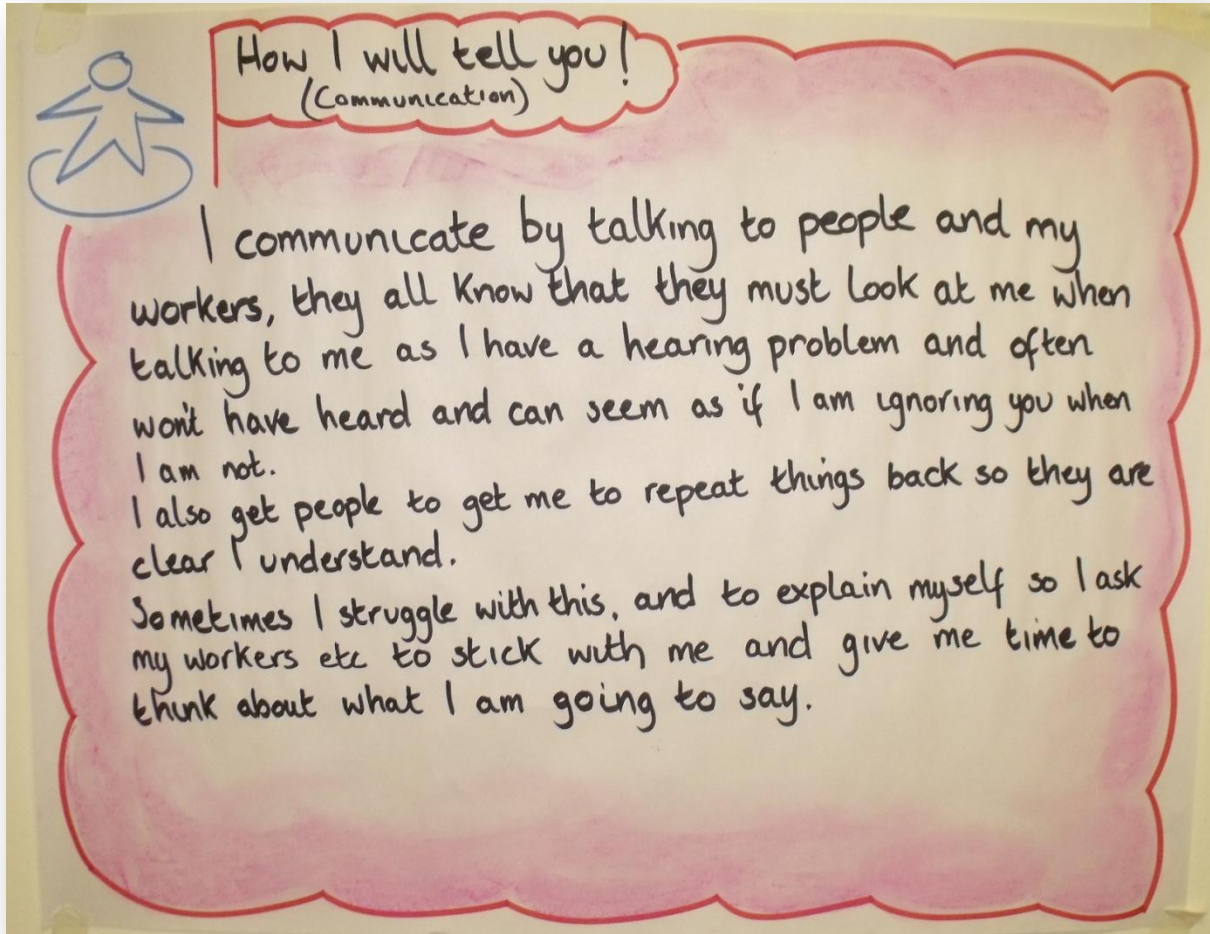
This is me!! And the important things in my life that you need to know.



These are the people who are in my life and what they feel about me.



To help me make decisions and be as independent as I can be you need to know how best to communicate with me.



2. WHAT I WANT TO CHANGE AND ACHIEVE IN MY LIFE

What do I want out of life for the next year (outcomes)?

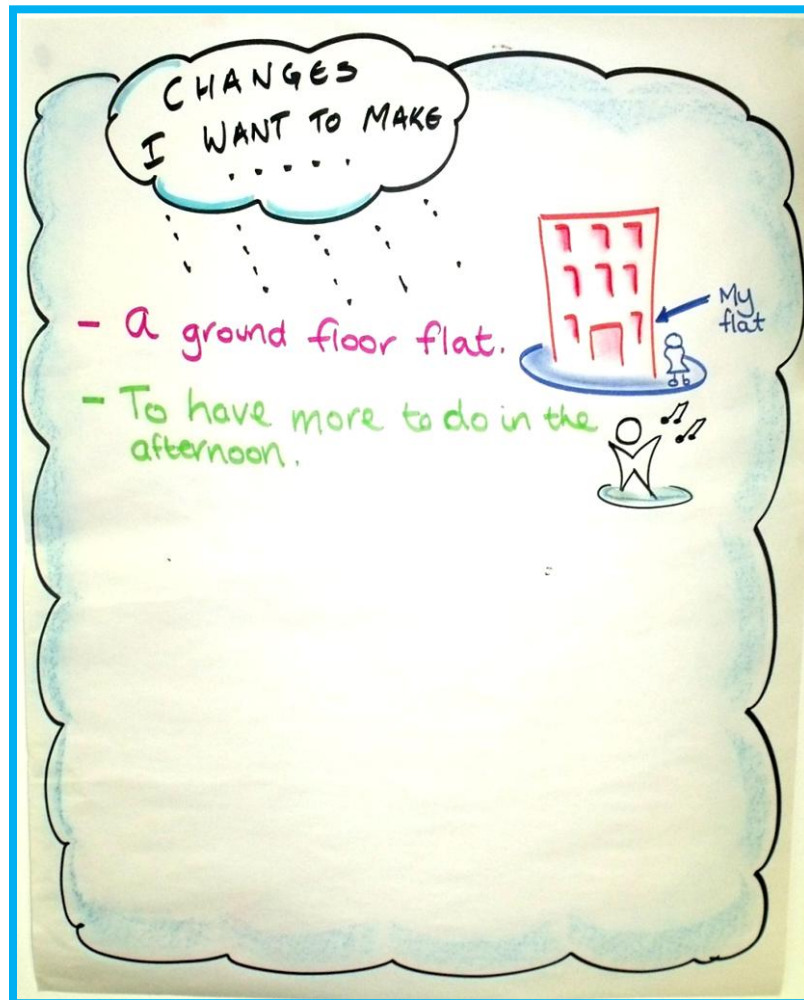


Outcomes	Outcome Detail
<p>1. To maintain my health and Well being.</p> <p>I will be safe and well.</p>	<p>My health and well being is maintained.</p> <ul style="list-style-type: none"> - I will have my personal care needs met and I am free from harm. - I have good risk assessments about situations where I may be at risk. - I am supported to take part in activities that will improve my health and fitness. <p>I have the medical support that I require to stay safe and well.</p> <ul style="list-style-type: none"> - My health care needs are met; this includes being supported with all appointments. - I have support with my medication so I am sure that I stay as well as I can and that I always have the medication that I require. <p>I can manage my diet.</p> <ul style="list-style-type: none"> - I am eating a good balanced diet. - I am supported with my access to food by my workers, while being as self managing as possible. - I need support to plan my meals, access the food I require and to cook meals. <p>I have full support with my finances to ensure that I am kept safe and free from financial abuse.</p>
<p>2.</p> <p>I have developed my day opportunities.</p>	<p>I have tried a range of new activities and feel that I have the balance between being active and having the time I need on my own.</p> <p>Some of these activities will be part of my weekly routine.</p>
<p>3.</p> <p>To maintain my Tenancy.</p>	<p>I am happy living in my own home and have the support I need to maintain my tenancy.</p> <p>I am prompted to do the required practical housework that will ensure that my home is in good repair and is homely and clean. My financial commitments and other household responsibilities will be met.</p>

4. My home is suitable for my health needs.	<p>I have a walk in shower rather than a bath, as I am finding it more difficult to get in and out of the bath safely.</p> <p>I currently stay in a flat and have to climb a lot of stairs. I would love to stay in Scotland Street but get a ground floor flat that would be easier for me to access.</p>
5. My family will be informed about my life. I will have continued to attend activities where I meet my friends.	<p>To maintain relationships I have and develop new ones.</p> <ul style="list-style-type: none"> - I want to keep in contact with my family and friends. - Help me to keep my family up to date about my support and my life. - I will choose activities that I want to attend that I enjoy and where I see friends. - My social life is really important and I enjoy joining in with my friends in parties, going to the races and other events. - I really enjoy going swimming, drama, 10 pin bowling, going to college and participating in The Advisory Group, I would like to maintain these. - I would like to explore starting my own knitting group for me and some friends. I also love my laptop and I am keen to look into Common Knowledge to develop my IT skills and friendships. Explore other groups that are available in my area.
6. To go one holiday!	<p>Worker to find out about caravan holiday.</p> <p>I will the need support to work out how much it will cost, save up and book it.</p> <p>My holiday is booked and some days away have been organised.</p>

To make sure I get what I want out of life.

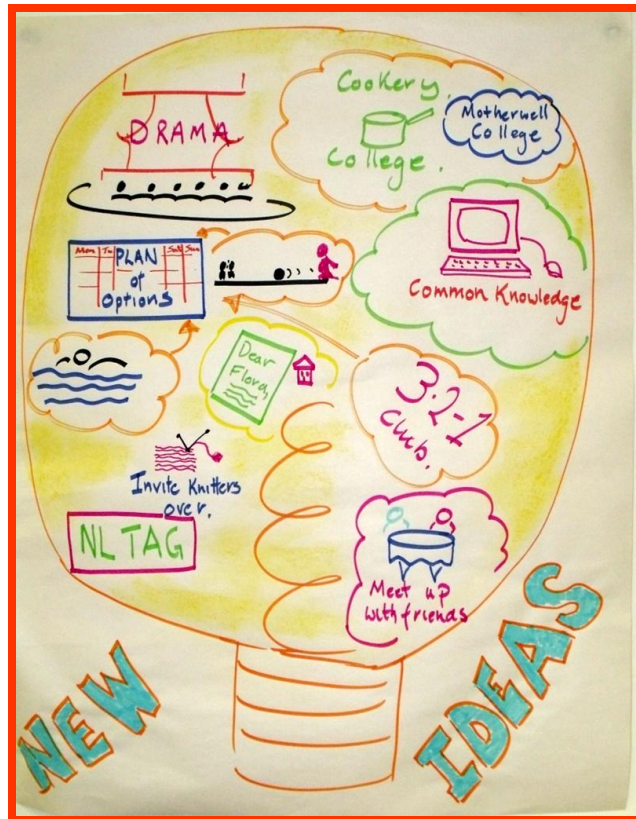
What are the things I want to change?



What will I change?	How will I do it?	What outcome will this help me achieve?
I would like to change where I live.	Write letter to housing dept to find out what I need to do about this.	4
I will have more things to do in the afternoons.	I will have a weekly diary of activities and within that there will be 2 options for me to choose from.	1, 2, 5

To make sure I get what I want out of life.

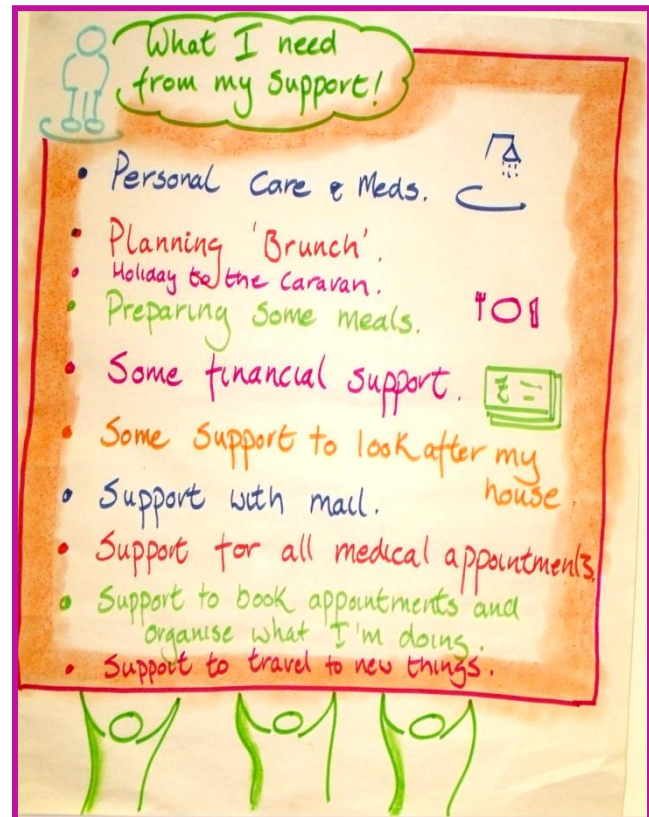
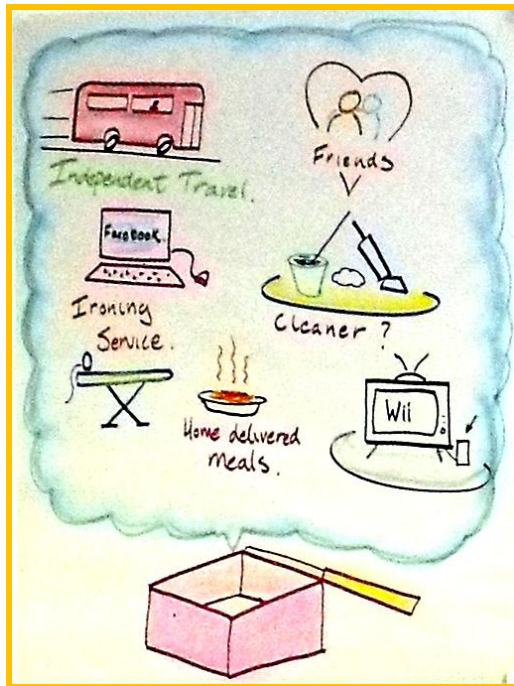
What are the new things I want to try?



What new things will I try?	How will I do it?	What outcome will this help me achieve?
3-2-1 Club	<p>My worker and I will meet with Leam from Participation and Inclusion to go along and introduce ourselves.</p> <p>I will feedback to TAG and discuss the opportunity to develop groups in our area.</p>	1, 2, 5
College	My worker and I will contact local Colleges about cookery courses and their availability and then I can decide which course suits me best.	1, 2, 5

Common Knowledge	This will be organised via the TAG meetings. Leam will invite someone from Common Knowledge to come along and explain how it works and how we can take this forward.	1, 2, 5
Meet up with friends.	I will invite my friends to meet up on a regular basis.	1, 2, 5
North Lanarkshire TAG	I am currently the Secretary of TAG. I will continue to be involved as much as possible and I am considering applying to National TAG when a vacancy arises.	1, 2, 5
Knitting	I plan to invite friends who share an interest in knitting to my home.	1, 2, 5
Drama	I will look to find out more opportunities for me to get involved in drama.	1, 2, 5
Swimming	<p>I want to spend time getting fit and healthy.</p> <p>I really enjoy swimming so I will make sure that this activity is included in my activity diary.</p> <p>I am going shopping to by myself a new costume as this has been stopping me going swimming.</p>	1, 2, 5
Looking after my house	<p>I will employ a cleaner for 3 hours a week.</p> <p>I will continue to use an ironing service.</p>	3
Holiday	<p>Worker to find out about caravan holiday.</p> <p>I will the need support to work out how much it will cost, save up and book it.</p> <p>My holiday is booked and some days away have been organised.</p>	6
Delivered meal service	I will find out about buying some healthy meals from a home delivery service.	1

3. HOW WILL I BE SUPPORTED



What I need support for?	When do I need it?	What would happen if I didn't get this support?
1. Personal Care and Medication	Every day	I would become unwell, loose my self esteem. I may not be as confident. In the past I have been unwell

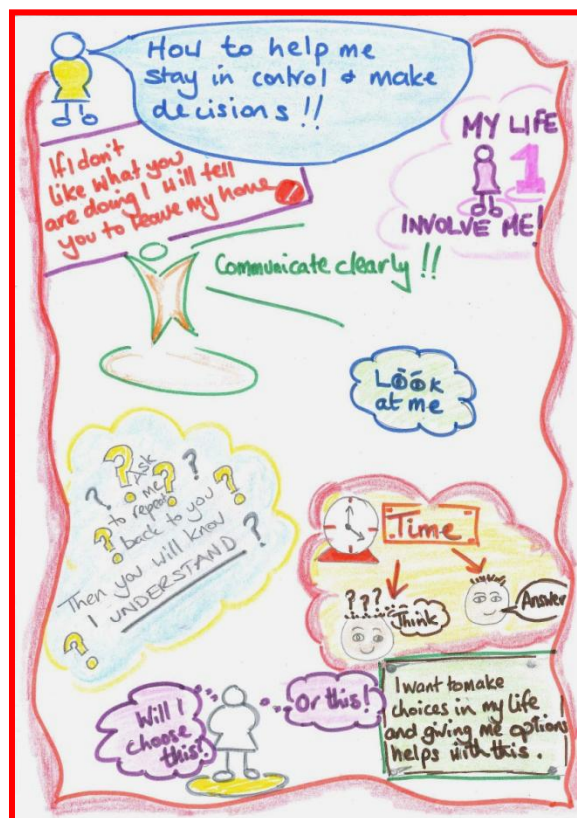
2. Planning and preparing meals	Every day	If I do not have support I may put on more weight, which will affect my mobility. I also find it difficult to tell if food is out of date and unsafe to eat. If my food intake is not monitored I may eat everything that is in my house.
3. Finances	Every day	I may get into debt and not pay my bills and even be at risk of being financially abused.
4. Looking after my house	Every day	My house would get into a state of disrepair. This would make me very unhappy.
5. Mail	Every day (when required)	I may miss important information and appointments.
6. Attending medical appointments	When required	I may not understand or hear the doctor/nurse etc properly. I may not get the medical attention I need and therefore become ill.
7. Support to plan my week and attend daily activities	Every day	I would be stuck in the house and become isolated. This would affect how I feel about myself.
8. Travel to new places	When required	I may get lost. This may mean I would be unwilling to go to new places. This would affect my confidence.

Who I want to provide my support?



I want to have Key Community Supports in Newtown to continue to support me. My team are really important to me.

How I will stay in control?



**It is important that I am as involved as I can be in all decisions which affect my life.
No decisions should be made about me without me being involved.**

How do I like my information or options to be explained to me?	How can you help me to understand?	When is the best time and way to ask me to make decisions?	When is it not a good time for me to make decisions?
<p>Information should be given to me verbally, with visual prompts such as graphics or objects of reference (where appropriate).</p> <p>It helps if the person who is supporting me is someone who knows me well.</p>	<p>Give me time to take all the information in.</p> <p>I have a hearing difficulty and at times can struggle to say what I think, so please respect that I need plenty of time to process things.</p> <p>Double check that I understand what you are saying.</p>	<p>When I have time to sit and listen.</p> <p>Be aware of good active communication. Look at me and explain clearly my options.</p> <p>Do not give me too many options though, I can find this confusing.</p>	<p>Ask me and I will let you know if it is a good time.</p> <p>When I have to consider lots of information.</p> <p>If discussion are becoming difficult for me.</p> <p>If the environment is too distracting and it makes it more difficult for me to hear you.</p> <p>If I am unhappy with how I am being supported then I will ask you to leave my home.</p>

4. HOW I WILL USE MY PERSONAL BUDGET

This is how I will spend the money / resource:

How my support will be managed.

My support will be managed by my service provider and my care manager. This will be reviewed every 6 months. I will invite the people I want to attend this review.

Morag MacKay is the local service manager from Key and she will help me to organise this.



MY RESOURCE ALLOCATION IS	£
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Description of support	This will help me meet outcome No.	Weekly Cost	Annual Cost
Direct support from KEY XX hours @ £XX.XX per hour			
Shared support			
Cleaning service			
Ironing service			
Holiday			
TOTAL ALLOCATION TO BE TAKEN			

HOW I WOULD LIKE MY INDIVIDUAL BUDGET PAID

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SUPPORT PLAN INVOLVEMENT

Person or Representative	
PRINT NAME	
Sign Name	
Date	

Care Manager / Care Co-ordinator	
PRINT NAME	
Sign Name	
Date	
Organisation (if appropriate)	

PRINT NAME	
Sign Name	
Date	
Organisation (if appropriate)	