

SALLY'S SUPPORT PLAN

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Appendices 1-6 Attached

ABOUT ME

I AM SALLY BOOTH



I am 27 years old.

I live at 29 Fishermans Close, Ashford, Kent TN23 4TG



I have a dog called Archie

My phone number is 01233 731487

MY FAMILY



I live with my mum and dad



and my brother, Jordan.



My nanny and grandad live near us

MAKING DECISIONS

Decision making profile				
How I like to get information	How to present choices to me	Ways you can help me understand	When is the best time for me to make decisions?	When is a bad time for me to make a decision?
TALK TO ME	ONE AT A TIME (TOPIC)	SHOW ON INTERNET	WHEN I AM HAPPY	IF I AM TIRED
SHOW PICTURES	WITH MY MUM OR DAD	MUM + DAD CAN EXPLAIN	WHEN I AM INTERESTED	IF I AM UPSET OR ANGRY
SHOW VIDEO	SHOW ME PICTURES OR VIDEO	NOT TOO MANY CHOICES AT ONCE	WHEN I HAVE TIME	WHEN I AM TOLD TO DECIDE
		ARRANGE VISIT TO ACTIVITY IN PERSON		IDON'T LIKE PRESSURE

**My parents will help me to make decisions. They are happy for me to become more independent and live in my own home one day.
See Decision Making Agreement Appendix 1**

THINGS I DO WITH MY FAMILY

Church



Seeing family



Picnics



Cinema



Walk the dog



WHO IS IMPORTANT TO ME

I have friends from school Rachel and Charlotte we all want to live together in our own house one day



I have friends from church Suzy and Clare I like them but sometimes they treat me like a baby, I don't like that.





I have friends at horse riding, Neville



and Sarah . I only see them when we go horse riding

Mr Brown – my college teacher

Julie – my riding teacher

Anna Foord – my social worker (0300 423 5677)

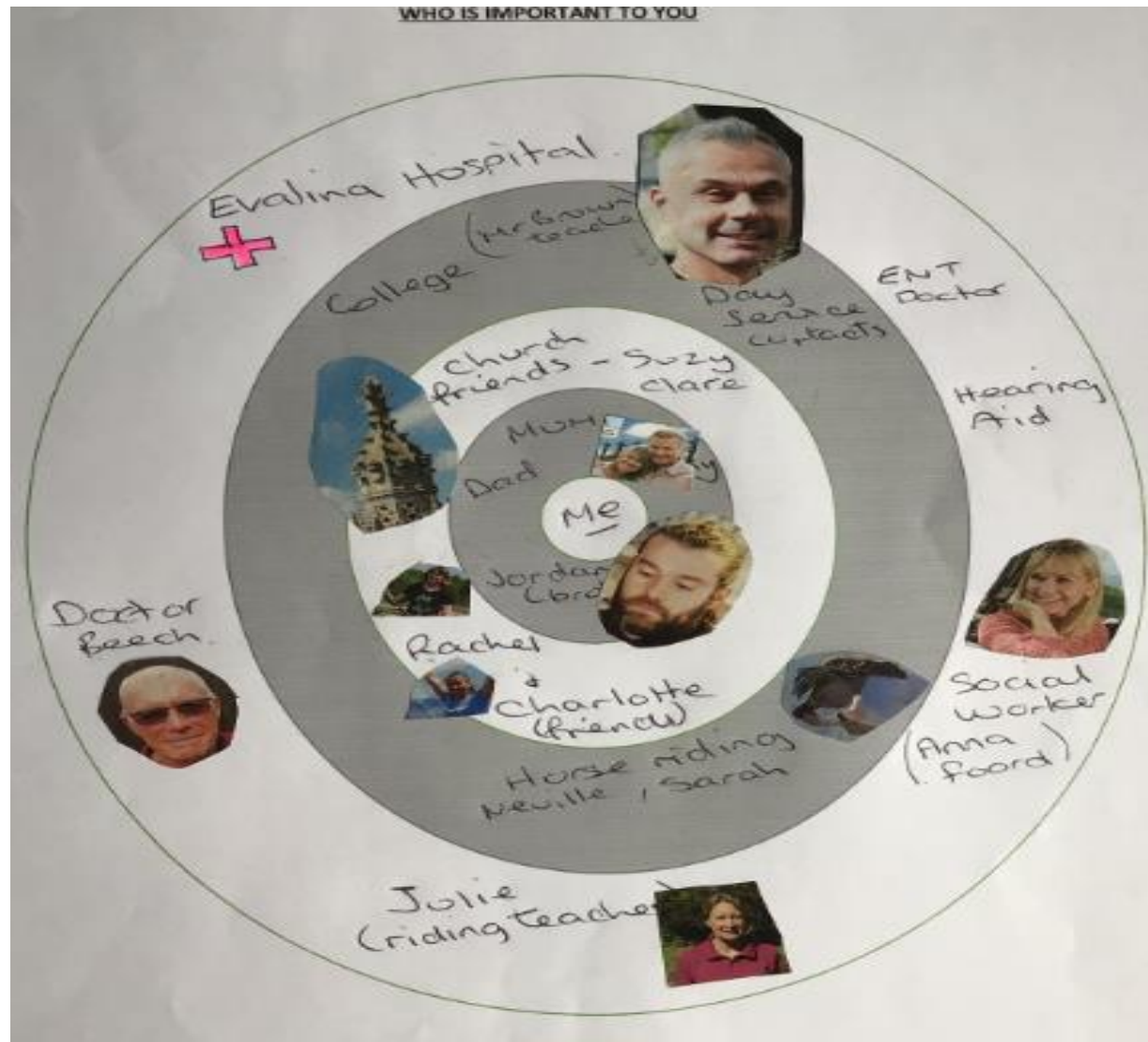
Doctor Beech – my GP (Charing Surgery 01233 783980)

Evalina Hospital – Mr George – heart specialist

Hearing Aid clinic – 01233 987890)

MY RELATIONSHIP CIRCLE

WHO IS IMPORTANT TO YOU



<p>WHAT IS WORKING AND WHAT IS NOT WORKING</p>	<p>See Appendix 2</p>
<p>WHAT I DO NOW THAT I DON'T WANT TO DO</p>	<p>Day Service  EXCEPT when they take me to college</p> <p> or horse riding </p>
<p>WHAT I DON'T LIKE</p>	<p>My Hearing aids  People don't understand me </p>
<p>WHAT I AM GOOD AT</p>	<p>Washing  cleaning my teeth  </p>

	<p>Sometimes I need reminding </p> <p>Making friends  Making snacks </p>
<p>WHAT IS A GOOD OR BAD DAY FOR ME?</p>	<p>I talked about this with my Broker, Karen and she wrote down what I said.</p> <p>Please see Appendix 3 – What Is A Good Or Bad Day?</p>
<p>WHAT I WANT TO CHANGE</p>	<p>I want to learn to cook my own food  I would like to go to a cookery class. I need help to find the right place to go. My parents would like me to eat more healthy food.</p> <p>I want to live in my own house with my friends  I need some help to learn the skills I will need and to find the right house, and</p>

the right support. We talked about what I would need to become independent. See Appendix 4 – What is needed for me to be independent.



I want to be more independent go shopping, out with friends and on holiday without my mum and dad. I need help to make sure I can do these things safely.



I would like to join a social club to meet new friends



**I want to have a job
want to do**



I will need help to decide what I



Go to music festival or concerts

	<p data-bbox="757 347 1079 384">I want a boyfriend</p> 
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**WHAT I WANT MY WEEK TO
LOOK LIKE – short term goal**

Perfect Week		
Mornings 	Afternoons 	Evening
Mon PERSONAL CARE 8-9AM (PA) TRAVEL TRAINING 9-10AM (PA) DAY SERVICE – COLLEGE	DAY SERVICE - COLLEGE TRAVEL TRAINING 3-4PM (PA) COOKING WITH PA 4-5.30PM	INTERNET (SAFETY COURSE OR SURFING) (PA SUPPORT) 6.30 – 8PM
Tues PERSONAL CARE 7-8 AM (PA) TRAVEL TRAINING 8-9AM (PA) MOUNT LODGE FARM	GO SWIMMING OR SHOPPING WITH FRIENDS (AND MY PA.) TRAVEL TRAINING 3-4PM (PA)	HAVE DINNER WITH FRIENDS (MAYBE COOK – PA SUPPORT)
Wed PERSONAL CARE 7.30-8.30AM(PA) TRAVEL TRAINING 8.30 – 9.30 (PA) FOOD WITH FRIENDS	FOOD WITH FRIENDS TRAVEL TRAINING 3.30-4.30 (PA) MAKATON PRACTICE WITH PA 4.30-5.30	SOCIAL CLUB (PARENTS TRANSPORT)
Thurs PERSONAL CARE 8-9AM(PA) TRAVEL TRAINING 9-10AM (PA) DAY SERVICE	DAY SERVICE -HORSE RIDING TRAVEL TRAINING 3-4PM (PA)	PERSONAL CARE (PA) I-PAD – LOOKING UP SCI-FI ONLINE
Fri PERSONAL CARE 8-9AM(PA) TRAVEL TRAINING 9-10AM(PA) COOKERY COURSE 10-12.30PM (PA)	LUNCH OUT – TRAVEL WITH PA SQUARE PEGS DRAMA AND SIGN ALONG SING 2-4.30PM TRAVEL TRAINING 4.30-5.30PM (PA)	FRIENDS ROUND, LISTEN TO MUSIC
Sat PERSONAL CARE 8-9AM(PA) TRAVEL TRAINING (PA) SWIMMING WITH FRIENDS	TRAVEL TRAINING FOOD SHOPPING WITH PA	COOK DINNER FOR MY FAMILY (PA SUPPORT) LEISURE TIME
Sun CHURCH WITH MUM AND DAD	TAKE DOG FOR WALK OR SEE FAMILY	DO ART AND CRAFT AT HOME OR OTHER LEISURE ACTIVITY

HOW CAN I REACH MY GOALS



I have lots of things to learn. I want to have a PA to help me with the



things I need to learn.

I have 1 PA, my mum and dad would help me find another PA.

I want to go horse riding. I like seeing my friends there. I can go with the day centre on Monday morning. I don't really like the day centre in the afternoon.

I would like help to see whether I could go horse riding another way. I might like help to find other places I could ride. My broker, Karen has found another stables that I may like to try.

I want to learn to cook. There is a community café run by Brogdale CIC where I could learn to cook and work in the café. I would like to visit to see if I would like this. This could help me learn to cook and learn what it is like to have a job.

I would like to go swimming more often. My PA could help me to do this. My friend, Rachel, wants to go swimming too. We might like to join a gym where they have a swimming pool too.





I want to be able to travel independently. My PA can help me learn to do this.

I want people to understand me better. I want to be better at Makaton. I would like to go to Squarepegs music and drama group where I can learn to sign more.

I want to go to a concert or music festival with my friends. I need help to do this safely.

I would like a job. I need help to decide what I want to do.

<p>SafeSurfing</p> <p>SafeSurfing aimed to support people with a learning disability to know what personal information they should share online, how to protect their personal data and surf the web safely.</p> 	<p>I need to learn to use a phone and tablet and to stay safe online. MENCAP have a Safe Surfing free online safety course I would like to do.</p> <p>I want to live with my friends, Rachel and Charlotte. I want help to plan how we can work towards this. My mum and dad will help my broker, Karen, and me to do a housing plan.</p> <p>I learn best when I am having fun. When I am having fun, I do not always realise I am learning. I find this easier. I need to try new things to find out what will work for me.</p>
	<p>My support broker, Karen, has helped me write my plan. My mum and dad have helped too.</p> <p>My family, broker, social worker and PAs will help me fulfil my plan.</p>
<p>MY PLAN</p>	<p>See Appendix 5 – My Plan – My Dreams</p>
<p>MY HOUSING PLAN</p>	<p>See Appendix 6 – My Housing Plan</p>



THE COST OF MY SUPPORT MAY BE:

1. MONEY IN

SOURCE OF FUNDING	PER WEEK	PER YEAR
Direct Payment from Local Authority	£600.00	£31,200.00
Personal Independence Payments (PIP)	£89.15	£4,635.80
Universal Credit	£94.59	£4,918.68
TOTAL	£818.04	£40,754.48

2. ONE OFF COSTS

Description of cost	Amount	To be paid with
Mobile Phone – to help with independence (safety when out and about, reminders for tasks to be carried out). Samsung A21 on monthly contract of £15 per month, unlimited minutes, texts and 30GB download.	Annual cost £180.00~	PIP
Tablet to support independent skills (cooking apps eg OrganizEat, SparkRecipes), Personal Care apps (eg Petralex – supporting those with a hearing impairment, Avaz – supporting with communication, Choiceworks – assists with routines). Samsung Galaxy Tab A8, 8” tablet	One off cost £125.00~	PIP
Multi Gadget Insurance for tablet and phone - £2.70 per month	Annual Cost £32.40~	PIP
Online Safety Course – to enable Sally to use the internet safely	Free courses available through MENCAP	N/A
Long Weekend Holiday with friend and PA, rental share plus train fare	£420	PIP
Additional PA support for holiday 29 hrs @ £10 plus 2 on @ £30	£350~	PIP

3. ON-GOING COSTS

Description of Cost	Detail	Weekly Cost	Annual Cost	Funding Source
PA	42 Hours per week Wages £420.00 per week Employers NI £11.32 per week Pension £5.88 per week Insurance £99.00 per year Payroll £327.00 per year Cover PA holiday (contingency) £2,745.00	£437.20	£22,734.40* £3,170.04*	Direct Payment
DBS Checks	£60 x 2		£120.00*	Direct Payment
Day Service	£30 per day 50 wks		£1500.00*	Direct Payment
Horse Riding	£30 per week x 50weeks	£30.00	£1,500.00	Universal Credit
Swimming	£12.70 (incl concession for PA x 2 x 46 wks	£25.40	£1,168.40	Universal Credit
Community Café	£40 per day x 50 weeks	£40	£1,840.00~	PIP
Mount Lodge Farm	£20 x 48 weeks	£20	£960.00*	Direct Payment
Travel training	Bus/Train fairs,	£30	£1560	PIP
Sky TV – for Sci Fi channels		£25 per month	£300	Universal Credit
6 weeks PA support	Contingency		£2520*	Direct Payment

Budget	Amount used	Balance
Direct Payments £31,200.00	£31,004.44	£195.56
PIP £4,635.80	£ 4,507.40	£128.40
Universal Credit £4,918.68	£ 2,968.40	£1,950.28
TOTAL £40,754.48	£38,480.24	£2,274.24

Balance of budget to be used for incidentals, ie food for entertaining friends, lunch out etc.

Future budget would not require the following one offs:

Tablet £125

**DBS Checks £120 (update service registration required Cost of update service checking £20 annually.
Annual cost £40)**

Day Service may be removed if horse riding accessed directly – saving £1500 per annum

PA hours may be adjusted once personal care and travel becomes more independent.

Holidays to be used as trial for independent living.

RISK MANAGEMENT

RISK	HOW LIKELY Low/Med/High	CONSEQUENCE OF TAKING RISK	CONSEQUENCE OF NOT TAKING RISK	HOW CAN WE NEGATE RISK	WHO WILL BE RESPONSIBLE
Independent travel	High	Sally could get hurt, lost or taken advantage of	Sally will not develop independence and not achieve her goals	Travel training. Mobile Phone – ICE numbers (parents, SW, PA, police) and tracking	PA's and parents
Poor eating & weight gain	High	Sally will become unhealthy or overweight	Sally will not learn to cook or choose sensible food. She will not learn to live independently	Cookery Course. Attend Food with Friends and Mount Lodge Farm	PA to support attendance. Family and PA support home cooking
Internet use	Med	Could be targeted online	Will not be able to enjoy surfing, not fulfil her plan	Online protection. Attend online safety course	Family and PA support online training
Lose Phone	High	Sally would not have any contact, her safety could be compromised, lose equipment which would cost money	Sally's independence would be restricted	Engrave phone with return details, set up 'Find my Phone', fit tracker. Teach Sally some strategies for keeping the phone safe	Family and PA

ACTION PLAN

WHAT	HOW	WHO	WHEN
Find another PA plus back up PA	Ask circle of support. Advertise if necessary	Family and friends	Immediate
Check how to add PA to payroll, contract	Ask DP Support Worker	Mum	When PA found
Cancel 3 days at day service	Tell social services about change	Social Worker	When other services can be put in place
Organise Mount Lodge Farm and Food with Friends	Contact services to check availability and timeframe	Mum	Immediate
Find Cookery course	Look at local courses, online, library, internet. Would this be available through college?	Sally and Mum, support from broker	Within 1 month
Look at Square Pegs	Contact service	Sally and Mum	Immediate
Set up online safety course	Contact MENCAP	Sally and Mum	Within 2 weeks
Find Mobile phone and tablet	Internet research	Sally and PA (or mum)	Immediate
Arrange swimming	Contact friends for availability	Sally and mum	Within 1 month
Skills plan	Build tools, tick lists, phone reminders and apps to help remember routines and tasks	Sally with PA	Immediate and ongoing development

Food Hygeine	Find a Food Hygeine course (check https://send.excellencegateway.org.uk)	Sally with PA	Within next 2 months
Kitchen Safety	Find Kitchen Safety Course (check independent living.co.uk)	Sally with PA	Within next 2 months
Look at other riding stables	Contact stables for a visit and trial lesson	Sally with PA	Within 1 month
DBS check any new PA	Contact DP support worker	Sally and Mum	When PA found
Money management	Open Bank account, learn how to use it	Sally with mum or PA	
Develop circle of support	Discuss my plan with family, friends and connections to see whether anyone would like to help me. This can help me work out whether I can fulfil more of my plan with reduced or no cost.	Sally with mum	

Contingency Plan

If PA is unable to work

Action	By Whom
Recruit back up PA(s), to cover holiday, sickness	Sally's mum
Consider any appropriate agency that could provide cover	Sally's social worker
Can mum support in emergencies so that Sally does not miss her activities	Sally's mum

If Sally is at an activity alone and no-one there to pick up on time

Action	By Whom
Put ICE (in case of emergency) number on phone so that Sally can call her parents	Sally's mum or PA
Pre-programmed numbers in phone to make it easy for Sally to find them	Sally's mum or PA
Make sure Sally knows to discuss with activity organiser	Sally's mum

REVIEWING MY PLAN

My plan

ACTIVITY	WHEN/FREQUENCY	WHY
Day Service	3 Monthly	To check whether this is still required
College	End of each term	To confirm courses are relevant
Cookery Course	End of course	To determine whether continuation course needed/available
Square Pegs	3 months	New activity, to check Sally enjoys and wants to continue
Mount Lodge Farm	3 months	New activity, to check Sally enjoys and wants to continue – to ensure relevance (food related)
Food with Friends	3 months	New activity, to check Sally enjoys and wants to continue
Horse riding	6 months	To check whether to continue or try different stables
Personal Care	monthly	To check progress and amend as appropriate
Travel training	3 months	To check progress and amend as appropriate

My plan should be reviewed in a maximum of 12 months to assess progress, determine areas for change or further work and to determine my progress toward independence.

I would like to be able to move into my own home within 18-24 months.