

My Life Plan

Your name:

This plan is a way of helping you to think about the life you want and the support you need to get the life you want.

Showing it to people whose job it is to arrange support can help you to get what you want. You might want to show it to your social worker or care manager.

You can make as many copies of it as you like and give it to whoever you want.

My life and support plan

You will find examples of things to think about after each section to help you when completing this plan. But you don't have to stick to this. Say as little or as much as you want. You can delete the "Think about:" boxes if you wish.

What is important to you?



What are your hopes and dreams?



My health plan



Think about: your health now – your health conditions - how to stay fit and healthy – important health professionals - your care needs – your support needs - diet – exercise - medication – personal care – mobility - staying calm – with learning – with toileting/continence - with personal safety – with feeling good – with sex education – independent living skills – taking positive risks – how to stay fit and healthy in the future – what support you need.

**More and more people with high support needs have good health.
Don't rule it out!**

You can fill in a more detailed health plan by going to the health pages of the Kirklees Partnership Board website.

My housing plan



Think about: where you live now and who you live with – is your plan to stay living where you are? – do you want to live somewhere else now or in the future? – when (if ever) would you be planning to move? – what would be the reasons for your wanting/needing to move? – who would help you? – who would you live with? - what sort of place would it be? – where would you get the home from? (council, rent, buy etc.) - where would the place be? – what support would you need?

More and more people with high support needs have their own home and are supported there. Don't rule it out!

You can fill in a more detailed housing plan by going to the housing page of the Kirklees Partnership Board website.

My work plan



Think about: your job history – any work experience you have – any useful skills you have that might be transferable to a work place – any interests - any work ambitions - what would your dream job be? - if you have already got a job, do you want a different job? - what sort of help/support would you need to find a job? – what sort of help/support would you need while at work?

More and more people with high support needs have jobs and are supported in work. Don't rule it out!

My leisure plan



Think about: what you do now for fun – is there some new activity you would like to try? – do you have any special interests? – would you like to meet more people who have the same interests as you? – are you stopped from doing something you would like because of your disability? - what support would you need?

**More and more people with high support needs have fun, active lives.
Don't rule it out!**

My social life plan



Think about: your important relationships (family, friends) – do you want to have more of a social life and more friends? - would you like to meet more people who have the same interests as you? – do you want to have someone special in your life? (a girlfriend boyfriend or partner) – do you need to have more opportunities to meet people? - what support would you need?

More and more people with high support needs have active social lives, friends and partners. Don't rule it out!

What people
will help you
to get the life
and support
you need?



Family members – an advocate – a social worker or care manager – a housing worker – other people – are any people really against this plans?

What support
do you think
you will need?



24hr care/supervision – support during the day but not at night - support that only comes to help with certain things but sometimes you are independent – support for a few hours here and there - support to learn to do things for yourself - support with shopping – support with planning and preparing meals – support with housework (laundry, cleaning) – support with managing money and paying bills – support with arranging transport – support with relationships and communication – support with opportunities and leisure activities – support with medical things like taking medication – support and prompts with personal care (getting up, bathing, dressing) – hands on personal care.



I want more
information
about
support.



Health:

Do you have information about how and when services will change? who do you need to apply to to have your needs assessed? who will replace and maintain aids and equipment?

Housing:

About how to apply for council housing – about how to apply for housing association housing – advice about renting from private landlords - about how to own my own home – about Shared Ownership - about benefits and money – about mortgages – about setting up a trust for a home – about registered care homes – about supported living – about Supporting People - about finding someone to share with – about other ways of being supported (support tenant, supported lodgings etc) – about supported living networks and communities – about Shared Lives adult placements – about technology to help you to be more independent at home – about grants for adaptations - about local services and providers – anything else.

Work:

Do you need more information about work opportunities (supported employment; volunteering opportunities; government programmes) – do you need more information about local agencies who may be able to help you find a job? (R.E.A.L.; Job Centre Plus; Volunteering, etc.); do you need more information about local agencies who may be able to offer you support on the job?

Leisure:

Leisure opportunities – Passport to Leisure cards - Cinema cards - special groups and clubs for people with learning disabilities (local agencies who may be able to offer you support with leisure activities) – Duke of Edinburgh awards scheme

Consent

I am happy for the information in this plan to be used to help me to get housing and support.

I understand that I can change things that I am not happy with.

I am happy for it to be used by social services and housing staff helping me to get a place to live.

Your signature:

Today's date: