

Good Life Plan

How It Works

Do this with me
as you would wish it for yourself

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Who to thank

Change Picture Bank for pictures used in the pictorial user version

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Rod and Jane
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IMPORTANT NOTE:

In this document, before you involve my family, please ask me if that's OK or not

Good Life Plan, how it works in just 1 page

- Step 1** **What I like and what I don't like and what support I need to do things: This information is needed 3 to 4 months before my Good Life Plan Meeting**
- 1.a. I choose my plan chaser with support if needed
 - 1.b. Me and my plan chaser make 2 lists, **what I like and what I don't like and the support I need to do things, booklets 2 and 3**
 - 1.c. Everyone involved is trained in Good Life Plan and has good thoughts about 7 human rights.
- Getting ready for what I want. This happens 2 months before my Good Life Plan meeting**
- Step 2**
- 2.a. Me and my plan chaser meet with my family, if that's what I want, my chosen friends or advocates and the staff I choose
 - 2.b. The plan chaser uses **booklet 4, me, my wants and needs**, and asks me questions to find out what I want to do and what support I need to do it. These ideas go into **my best list of wants and needs booklet 5**
 - 2.c. **Booklet 5** is for my Good Life Plan Meeting. The list has 11 parts and has 10 to 20 ideas for goals
 - 2.d. Me and my plan chaser send my best list of wants and needs out to people coming at least 2 weeks before the meeting
- Step 3** **Good Life Plan meeting:**
- 3.a. My Good Life Plan meeting takes place and I attend along with family, friends or advocate.
 - 3.b. My meeting is chaired by someone I get on with who knows about Good Life Plan
 - 3.c. The meeting follows my best list of wants and needs to make a Good Life Plan for me to think about. The action goals are written down
 - 3.d. A few days later, I meet the plan chaser with my family, friends or advocate to put the plan of goals into groups. This means goals I want to start now; those I want to start later; those that can start last. This is my Good Life Plan
 - 3.e. The agreed plan is sent to all of us and I also get a picture version
- Step 4** **Chasing my plan: for around 1 to 2 years.**
- 4.a. Me and my plan chaser work with the people who said they would help me with my goals
- Step 5** **Do everything again: 1 to 2 years later.**
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How to do Step 1

What I Like and What Support I Need, 3 to 4 months before the Good Life Plan meeting.

- 1.a. I choose my plan chaser with support if needed

I may have 1 or 2 plan chasers

Photos of people I like to be with could help me to choose my plan chaser

My plan chaser may change in the future if I wanted someone else.

The plan chaser must be someone who knows me well. They could be a member of staff, family, friend or advocate

Me, my plan chaser and anyone who wants to support me will be trained in Good Life Plan. The training has 2 parts, how to do Good Life Plans and the 7 important human rights

- 1.b. Me and my plan chaser make 2 lists, **what I like and what I don't like and the support I need to do things, booklets 2 and 3**

Use the written and picture booklets

Me and the plan chaser can ask other people, who know me well about my likes and dislikes and what support I need

This should take 1 or 2 weeks and we should not have long lists

- 1.c. Everyone involved is trained in Good Life Planning and has good thoughts about 7 human rights. This means telling people I am an important person who has the same right as everyone else living in Birmingham to go to great places, join in great activities and meet good people.

Note: We don't have to write on **booklets 2 and 3**. We can make our own notes and keep them safe

How to do Step 2. Getting Ready For What I Want: 2 months before my Good Life Plan meeting

- 2.a. Me and my plan chaser meet with my family, my chosen friends or advocates and the staff I choose
- 2.b. The plan chaser uses **booklet 4, me, my wants and needs**, and asks me questions to find out what I want to do and what support I need to do it. These ideas go into my **best list of wants and needs booklet 5**

Use the written and picture booklets

Me and the plan chaser look at the, **what I like and don't like and what support I need to do things lists booklets 2 and 3**, to get ideas on what I want to happen and new goals I might like to have

The plan chaser will need to keep lots of photos or drawings to work on with me

Now we use **me, my wants and needs, booklet 4**. We complete 3 steps. First step, my wishes, second step, 7 good human rights, third step, 11 parts of my life

First step, my wishes

Don't just think about what I have done before. Ask questions like these: If I say 'I've had a good day", what would have happened? If you could get more staff to support me today what would they help me to do?

Booklet 4, me, my wants and needs, has a list of more useful questions

Second step, 7 Good human rights

Ask questions about this list of 7 good human rights and 7 bad things

Taking part in activities
Getting to places in the community
Keeping things I like and trying new things
Saying, yes I like or no I don't like
Enjoying being myself
People I like
People thinking good things about me

7 bad things are:

Being bored
Being kept apart from the community
Doing the same old things all the time or things being changed too quickly

Being bossed around or being told what to do and what not to do
Having to be like everyone else
Being lonely
People thinking I'm no good

Third step, 11 parts of my life.

The ideas from my wishes and the 7 good human rights go into these 11 parts

1. Relationships within the community and other people I like
2. Dealing with money and shopping
3. Getting to ordinary places in the community
4. Leisure & adult education
5. Work
6. Where I live and household chores
7. Health, appearance and looking after yourself
8. Day time support
9. Short breaks
10. Communication and feelings
11. Needs of people who support me

There are more questions about these 11 parts in **me, my wants and needs booklet 4**, to help me think about goals or things I want to happen

We then ask about the goals from last year's plan, did we reach the goals? If not why not? Should we set the same goals again?

These wants and needs might be things which I already have but may get lost if not in my plan. They might be things I want but don't have enough of. They might be things which annoy me, upset me or are not good enough for me and need to stop. They might be the next step in things getting better.

Everyone's suggestions and who made them should be written down.

The plan chaser will know me really well and may have good suggestions to add to my needs, wants and goals

As the plan chaser writes down my wants and needs we will also write down what will help me get my wants and needs. This may be,

My likes and Dislikes,
things I have done well,
things I can do for myself,
my Personality or the sort of person I like to be,
other things such as people, money, equipment

Note: We do not have to write in **booklet 4** or ask all of the questions. We can make our own notes and keep them safe. The most important things to note are what I want to happen next and new goals

- 2.c. **My best wants and needs** list is for the Good Life Plan meeting.
The list has 11 parts and has 10 to 20 ideas for goals

Me and my plan chaser choose ideas from **my wants and needs, booklet 4 and write them into booklet 5, my best list of wants and needs**

I may not want goals from each of the 11 parts of my life

Me and my plan chaser choose these 10 to 20 ideas by thinking about,

what would be a must for me,
what would I like best,
what would I enjoy if it happened even more,
what would somebody enjoy helping me with,
what things have I already started to do,
what things may lead me to new opportunities,
what things will I feel proud of,
what things are missing from my life,
what would other people want if they had my life

As me and my plan chaser write down my best wants and needs we will write down things that will help me, things I can do, what good things I have got and successes from last year

Me and my plan chaser will not write down a long report on things that I have already done or things that are very private or embarrassing

We will then have 10 to 20 ideas, and no more, to take to my Good Life Plan meeting

My copy of my best list of wants and needs is done in a way I can understand and has pictures or photos if needed

- 2.d. Me and my plan chaser send my best list of wants and needs out to people coming, at least 2 weeks before the meeting

The plan chaser will support me to decide who should come to my meeting. I do not have to invite people I really don't like

Photos may help me decide, or remind me who is coming to the meeting

How to do Step 3. Good Life Plan meeting

- 3.a. The Good Life Plan meeting takes place and I attend along with family, friends or advocate

The meeting happens in a private and comfortable place of my choice. This could be at someone's home or a meeting room. It may or may not be a place where paid staff work or is a group home or day centre

I would normally attend but, if the meeting is too long, I might wish not to be present at all or just come in and out

Offer drinks before the meeting starts

Ask people to switch off mobile phones

A notice on the door saying, do not disturb, will stop interruptions

- 3.b. My meeting is chaired by someone I get on with who knows about Good Life Plan

- 3.c. The meeting follows my best list of wants and needs to make a Good Life Plan for me to think about. The action goals are written down

People come along with my best list of wants and needs. The chairperson will have spare copies

The chairperson tells everyone the meeting is to help me decide on my new goals and who can help me with them

Everyone gets a chance to speak

My point of view is the most important

The chairperson makes sure people do not waste time hearing long reports, complaints about me or things that have not gone well

People do not talk about embarrassing things in this meeting but I may wish to meet separately with them some other time

I can follow what is happening by using photos and drawings to show me what the 11 parts of life are about and what my goals are about.

The meeting starts on time and keeps to time so that all items in my best list of wants and needs are discussed

The meeting follows my best list of wants and needs and the first Good Life Plan is written down to say who is doing what

No want, need or goal should be discussed for more than 15 minutes. If necessary a goal is set for named people to meet again

During the meeting we may have brand new ideas for my goals.

We then make a plan of goals, which are,

clearly worded without long words,
easy to check if its been done or not,
easy to do,
can be done with the money and people available

Somebody from the Good Life Plan meeting writes down my goals and people named to help me

They write it down like this,

My Plan of Goals

Which part of my life, from the 11 parts	Goal to think about	Person who will help me	1 or 2 years later

Where things can't happen because there is not enough money or people, the service manager needs to be informed

At the end of the meeting the chairperson will go through the goals and who is helping me. This needs to be done in a way I can understand using pictures and photos if needed

At the end of the meeting, a date is set 1 to 2 years away for the next Good Life Plan meeting.

Sometimes I might not want a group meeting. My Good Life Plan can be made by me and my plan chaser talking to people who can help me, on their own

- 3.d. A few days later, I meet the plan chaser with my family, friends or advocate, to put the plan of goals into groups, those I want to start now, those I want to start later, those that can start last. This is my Good Life Plan

Make a card for each goal using simple written words, pictures, drawings and photos

These cards can be used to put my goals in order

The goals can then be put into 3 groups, those I want to start now, those I want to start later, those that can start last

The order can be written on the back of the cards

We will give the cards back to the planning team to write up

3.e. Everyone gets sent a copy and I get a picture version

This is for me to keep, follow and remember

4.a. Me and my plan chaser work with the people who said they would help me with my goals

How to do Step 4. Chasing my plan: for around 1 to 2 years.

Me and my plan chaser keep in contact, to remind people what they said they would do for my goals

We start with goals I want to do now

People involved may have a say in when things might start if there are problems with things like money or not enough people to help me

Completing or updating the lists begins several months before the date of the next Good Life Plan meeting

How to do Step 5. Do everything again: 1 to 2 years later.

Useful Reading

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Sanderson, H. Person Centred Planning. In Lacey, P. & Ouvry, C. (1998) **People with Profound and Multiple Learning Disabilities**. London: David Fulton Publishers

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Good Life Plan

What I like
and what I don't like

Do this with me
as you would wish it for yourself

Written by me
and my plan chaser

My name:

Who completed this with me

Date completed:

Rod Cragg
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How to do it

Remember to use the picture booklet 2 as well as this written one

We need to find out what I like and what I don't like. I will only share a copy of this booklet with people who know me really well. Anyone else who thinks they need to see it will have to ask me first. There are lots of ways to find out what I like and dislike, here are some of them,

Ask me, talk to me, show me photos, draw things for me.

Asking someone who knows me really well first may help when we chat about my activities. We can then ask other people who know me. You can join in and watch me do an activity to see what I like and how I feel about it. We may want to try new things or try things that might not have worked but I may like if done in a different way, as long as I say this is OK. I may share with you my diary or reports people have written about my activities. You may have a list of suggestions that other men and women my age like to do.

You will know what I like if I appear happy and content when I get it or do it. I may appear unhappy or anxious when it stops or if I am unable to get it.

I may show I like something by doing it for several minutes or more.

You will know I don't like something if I avoid it, push it away, ignore you or show behaviours that you may not like.

When we write down what I like and don't like we will make sure it is clear so that people know what we mean.

Then we write down ideas on new wants and needs. These are what I want to happen more or what I want to start or what I want to stop. Later, when we use **booklet 4, me, my wants and needs**, we will copy these.

Note: We do not have to write in booklet 2. We can make our own notes and keep them safe

People and how I like them to be

The important things to know

I like

I don't like

People and how I like them to be
New wants and needs:

I want this to happen more

I want this to start

I want this to stop

Food, drink, possessions and appearance

The important things to know.

I like

I don't like

Food
and drink

Possessions

Appearance

Food, drink, possessions and appearance

New wants and needs:

I want this to happen more

I want this to start

I want this to stop

**Other activities
leisure and hobbies**

The important things to know.

I like

I don't like

In and around
the house

Away from
the house

Other activities, leisure and hobbies:

New wants and needs:

I want this to happen more

I want this to start

I want this to stop

Types of places

The important things to know.

I like

I don't like

Types of places

New wants and needs:

I want this to happen more

I want this to start

I want this to stop

My routine each day

The important things to know

I like

I don't like

When I wake up:

Breakfast:

Morning:

Lunchtime:

Afternoon:

Teatime/Dinner:

Evening:

Bedtime:

Saturday:

Sunday:

My routine each day

New wants and needs:

I want this to happen more, I want this to start, I want this to stop

When I wake up:

Breakfast:

Morning:

Lunchtime:

Afternoon:

Teatime/Dinner:

Evening:

Bedtime:

Saturday:

Sunday:

Good Life Plan

The support I need
to do things

Do this with me
as you would wish it for yourself

Written by me and
my plan chaser

My name:

Who completed this with me:

Date completed:

Rod Cragg
Jane Nix

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Health and looking after myself	9

How to do it

Remember to use the picture booklet 3 as well as this written one

We need to find out what support I need to do things.

It is not a long list of every single thing I do.

There are different ways to find out what support I need to do things,

Ask me, ask someone who really knows me.

You can join in and watch me do an activity.

I may share with you reports people have written.

I will only share a copy of this booklet with people who know me really well. Anyone else who thinks they need to see it will have to ask me first.

Then we write down ideas on new wants and needs. These are things I want more support with and things I want to get better at. Later when we use **booklet 4 me, my wants and needs**, we will copy these.

Note: We do not have to write in booklet 3. We can make our own notes and keep them safe

How I communicate

Can I do these things by myself, with a little bit of help or can't I do them at all?

Know that an object can also mean an activity.

Know what pictures, drawings and photos mean.

Know what spoken words mean

Know what hand signs mean.

Use spoken words to say what I want

Use hand signs to say what I want.

Take turns and asking questions.

Use the telephone.

Read words.

Write words.

Tell the time.

Handle money.

How can you keep my culture alive in how I communicate?

How I communicate, new wants and needs:

Things I want more support with.

Things I want to get better at.

People who are important to me

My family

My friends

My advocate

People I see in the community

People who help me at home

People who help me with my day activities

Other paid people who help me

Which of the above know me best?

What I do in the week

Do they happen every week or not?

Day	Morning	Afternoon	Evening
-----	---------	-----------	---------

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Getting to places

What type of support do I get now?

Look at the list below and choose from, I need you to do this for me or holding me or using hand signs or telling me what to do or showing me first then asking me to do it or I can do this by myself

Crossing a road

Finding things in a shop

Paying for things in a shop

Using a train

Do I use a wheelchair or other walking aid?

Do you need to do anything special to keep me feeling safe when I'm out?

How can you keep my culture alive in getting to places?

Getting to place, new wants and needs:

Things I want more support with.

Things I want to get better at.

Household activities

What type of support do I get now?

Look at the list below and choose from, I need you to do this for me or holding me or using hand signs or telling me what to do or showing me first then asking me to do it or I can do this by myself

Making drinks

Making snacks

Making meals

Using equipment for household activities

Washing clothes

Other cleaning

Do I need any special equipment to do household activities?

Do you need to do anything special to keep me feeling safe when I'm doing household activities?

How can you keep my culture alive when doing household activities?

Household activities, new wants and needs:

Things I want more support with.

Things I want to get better at.

Health and looking after myself

What is important about my health?

My eyesight

My hearing

My physical ability

Well woman's or well man's health

Do I sleep well?

My feelings and mental health

Do I have any behaviours that you think are challenging?

Are there other important things about my health?

What type of support do I get now?

Look at the list below and choose from, I need you to do this for me or holding me or using hand signs or telling me what to do or showing me first then asking me to do it or I can do this by myself

Eating

Drinking

Keeping my skin, teeth and hair clean

Using the toilet

Dressing

Do I use any special equipment for my health and looking after myself?

Do you need to do anything special to keep me safe with my health and looking after myself?

How can you keep my culture alive in health and looking after myself?

My Health and Looking after myself, new wants and needs:

Things I want more support with

Things I want to get better at.

Good Life Plan

Me, My Wants and Needs

Do this with me
as you would wish it for yourself

Written by me and my
plan chaser

My name:

Who completed this with me?

Plan chaser

Another

.....

.....

Date completed:

Rod Cragg C.Psychol. AFBPsS
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Getting started

Remember to use the picture booklet 4 as well as this written one

2 months before my Good Life Plan meeting, me and my plan chaser talk with people who might want to be involved with my plan. This may be my family or advocates and the staff I choose.

Before any meeting, we give everyone a copy of this booklet to help them think about me, my wants and needs.

We may have one or two chats with each person

The plan chaser will need to keep lots of photos or drawings to remind me of things

The Good Life Plan team will give me and the plan chaser as much help as we need.

Note: We do not have to write in booklet 4 or ask all of the questions. We can make our own notes and keep them safe. The most important things to note are what I want to happen next and new goals

As we think about me, my wants and needs, we follow these 3 steps, first my wishes, second 7 good human rights, third 11 parts of my life. It is really important to keep to this order.

First step My Wishes

Don't just think about what I have done before. Look at the next page. Ask some or all of the questions or add your own.

We write down the ideas for my wishes and who said them on page 5 or in our own notes.

Now we think which of the 11 parts of my life each idea belongs to. We then write the name of that part next to each idea.

I have a blank cheque book, what am I going to buy?

I only have a set number of wishes, what would I choose?

imagine I am developing my own services because there is none at the moment, what do I want?

imagine I have the perfect job to suit my interests and likes. What is my job?

if you were me, what would you say you needed?

If you could get double the number of staff for me than today what would they support me to do?

if it was completely in your power but you could only change or improve three things which are not good about my lifestyle, what would they be?

if it was my birthday what would you buy?

If I said 'I've had a bad day!' what would have happened?

what would my ideal holiday be like?

If I said 'I've had an ideal day!' what would have happened?

what three things about me could we make the most of?

My wishes

which part of my life
and who said it



Now we write my wishes under the matching part of my life on pages 15-25 or
in my own notes

Second Step 7 Good human rights

Ask questions about this list of 7 good human rights and 7 bad things. Try and find new wants and needs.

Getting to places in the community

People I like

People thinking good things about me

Saying yes I like or no I don't

Enjoying being myself

Taking part in activities

Keeping things I like and trying new things

7 bad things are

Being kept apart from the community

Being lonely

People thinking I'm no good

Being bossed around or being told what to do and what not to do

Having to be like everyone else

Being bored

Doing the same old things all the time or things being changed too quickly

We write down the suggestions and who said them on pages 7-13 or in my own notes.

Then we think which of the 11 parts of my life each idea belongs to. We then write the name of that part next to each idea.

Now we write my wishes under the matching part of my life on pages 15-25 or in my own notes.

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Good Human right

People I like

Bad thing

Being lonely.

We ask some or all of these questions

Imagine I had a lot of friends in my neighbourhood, how did I meet them?

How often do I talk to my family or friends who don't live with me?

If I haven't got a girlfriend or boyfriend already, would I like to have one?

Do I have anything to help me remember people who are important to me?

Suggested want or need

which part of my life
and who said it?

➤

➤

➤

➤

➤

Good human right

People thinking good things about me

Bad thing

People thinking I'm no good

We ask some or all of these questions

Would other people think my appearance wasn't good enough?

Do I get activities which are childish or for people of a very different age-group?

Which of my possessions and activities would other people admire or be interested in?

Would other people feel worried about being near to me or my staff?

Suggested want or need

which part of my life
and who said it?

➤

➤

➤

➤

Good human right

Saying yes I like or no I don't like

Bad thing

Being bossed around or being told what to do and what not to do

We ask some or all of these questions

Do I have enough choice in my daily routines?

If someone had to speak for me, what would they say I needed or wanted?

How are choices given to me?

Are there rules in the house that I have to keep to? What would happen if I say no or complain?

Suggested want or need

which part of my life and who said it?

➤

➤

➤

➤

Good human right

Enjoying being myself

Bad thing

Having to be like everyone else

We ask some or all of these questions.

Do I go out in a group most of the time?

At home, what activities can I do without other people being around?

What changes could I make to my bedroom?

Does anyone help me to be different from others?

How do staff remember what I like and dislike?

At home, what do I do the same time as other people?

Suggested want or need

which part of my life
and who said it?



Good human right

Taking part in activities

Bad thing

Being bored

We ask some or all of these questions.

Do I wait around too much for things to happen?

How am I helped to plan new activities?

Do people know how to get me involved in difficult activities?

At home, how many activities are there for me to choose from? Is it enough?

Do people give me more help than I need?

Suggested want or need

which part of my life
and who said it?



Good human right

Keeping things I like and trying new things

Bad thing

Doing the same old things all the time or things being changed too quickly

We ask some or all of these questions.

What do I really treasure and would hate to lose?

Which of my hobbies would I like to do more in?

Are my activities and goals just the same as last year?

What new activities are other people offering me?

Suggested want or need

which part of my life and who said it?



Third step: 11 parts of my life

Me and my plan chaser look at the, **what I like and what I don't like and what support I need to do things, booklets 2 and 3**, to get ideas on what I want to happen and need. We can write them down in this booklet under the 11 parts of my life or in my own notes.

Me and my plan chaser then meet people for more ideas on my wants and needs.

We bring along a copy of my goals from last year

The results are written down like this, did I reach the goal? did I reach part of the goal? did I try but nothing worked? did I not try at all?

We ask new questions on my wants and needs, trying not to ask questions that we answered in step 2, 7 good human rights and 7 bad things.

This is not an assessment of how things are now, just write down what I want to happen next and new goals. Look at the 11 parts of my life on pages 15-26 or in our own notes, for ideas on my wants and needs.

These wants and needs might be things which,

I already have but may get lost if not in my plan,

I want but don't have enough of,

are annoying, upset me or are not good enough for me and need to stop,

are the next step in things getting better

The plan chaser will know me really well and may have good suggestions to add to my needs, wants and goals.

As the plan chaser writes down my wants and needs we will also write down what will help me get my wants and needs. This may be,

my likes and dislikes,

things I have done well,

things I can do for myself,

my personality or the sort of person I like to be,

other things such as people, money, equipment

Part of life:

1. Relationships within the community and other people I like

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

- Family
- Friends
- Leisure partners
- People I see in the community
- Getting on with people
- My love life
- Clubs
- Cultural
- Religion
- Loss and death

Wants and needs, the next steps to take

who said it?



What have I already got that will help?



Part of life:

2. Dealing with money and shopping

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

How much money I get

Bank and Post Office

How I manage my money

Handling money

Food shopping list

Buying things other than food

Local shops

Supermarkets

Saving and money my family may leave me

Wants and needs, the next steps to take

who said it?

➤

➤

➤

➤

What have I already got that will help?

➤

➤

➤

Part of life:

3. Getting to ordinary places in the community

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Around the house and garden

In the street and crossing roads

Access to places in the community

Number of different places for leisure and entertainment

My own transport

Bus, taxi and train

Wants and needs, the next steps to take

who said it?

➤

➤

➤

➤

➤

What have I already got that will help?

➤

➤

➤

Part of life:

4. Leisure and adult education

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Leisure at home

Leisure away from home

Fun and entertainment

Hobbies and collecting

Sport

Arts and crafts

T.V. videos, books, C.D.s and computers, library

Nature, garden, pets

Not doing something but just enjoying watching or listening to it

Adult Education courses

Wants and needs, the next steps to take

who said it?

➤

➤

➤

➤

What have I already got that will help?

➤

➤

Part of life:

5. Work

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Type of work

Paid

Voluntary

Wants and needs, the next steps to take

who said it?



What have I already got that will help?



Part of life:

6. Where I live and household chores.

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Bedroom

Comfort

Decoration and display

Access and keys

Privacy

Involvement in running the house

Cultural issues

Housemates

Mealtimes and preparing food and drink

Using household equipment and cleaning

Safety

Wants and needs, the next steps to take

who said it?



What have I already got that will help?



Part of life:

7. Health, appearance and looking after myself

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Eating, drinking and diet

Health of each body part

Vision and hearing

Fitness and exercise

Sleep and relaxation

How I look

Dressing and fashion

Cleaning and care of clothes

Using the bathroom and toilet

Cultural issues

Complementary Therapies

Mental health

Medications

Wants and needs, the next steps to take

Who said it?

➤

➤

➤

What have I already got that will help?

➤

➤

Part of life:

8. Day time support

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Activities I would like to do

Transport

Wants and needs, the next steps to take

who said it?

➤

➤

➤

➤

➤

➤

What have I already got that will help?

➤

➤

➤

Part of life:

9. Short breaks

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Do I get support in my own home or do I go overnight somewhere?

Holidays

Day trips

Plans for the year

Wants and needs, the next steps to take

who said it?

➤

➤

➤

➤

➤

What have I already got that will help?

➤

➤

Part of life:

10. Communication and feelings

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Using words and gestures

Understanding words and gestures

Using pictures, drawings and photos

Reading and writing

Using telephone

Telling time

Activity diary

How I like to be involved in an activity

Getting lots of choices

Saying "no"

Challenging behaviour

Uncomfortable feelings

Wants and needs, the next steps to take

who said it?



What have I already got that will help?



Part of life:

11. Needs of people who support me

For the list below ask what is happening now for me and what could happen next?

What will I be doing?

How often will I be doing it?

Is there anything I need to help me?

Do I need to learn anything new?

Communication

Support for carers and staff

Training

Advocates

Unpaid supporters and friends

People who help me get around

Getting new staff and services

Wants and needs, the next steps to take

who said it?

➤

➤

➤

➤

What have I already got that will help?

➤

➤

Good Life Plan

My Best List of Wants and Needs

Do this with me
as you would wish it for yourself

Written by me
and my plan chaser

My name:

Who completed this with me:

Rod Cragg
Jane Nix

C.Psychol. AFBPsS
Quality Manager RNLD, Dip. Nursing studies

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How to do it

My Best list of wants and needs is for the Good Life Plan meeting. The list has 11 parts and has 10 to 20 ideas for goals.

Me and my plan chaser choose ideas from **me, my wants and needs, booklet 4**, or from your own notes and write them into booklet 5.

I may not want goals from each of the 11 parts of life.
Me and my plan chaser choose these 10 to 20 ideas by thinking about,

what would be a must for me,
what would I like best,
what would I enjoy if it happened even more,
what would somebody enjoy helping me with,
what things have I already started to do,
what things may lead me to new opportunities,
what things will I feel proud of,
what things are missing from my life,
what would other people want if they had my life,

We will then have 10 to 20 ideas, and no more, to take to my Good Life Plan meeting

As the plan chaser writes down these ideas we will also write down what will help me get my wants and needs. This may be,

my likes and dislikes,
things I have done well,
things I can do for myself,
my personality or the sort of person I like to be,
other things such as people, money, equipment,

Me and my plan chaser will not write down a long report on things I have already done or things that are very private or embarrassing.

My copy of my best list of wants and needs is done in a way I can understand and has drawings, pictures or photos if needed.

Me and my plan chaser send out my best list of wants and needs to people coming, at least 2 weeks before the meeting.

The plan chaser will support me to decide who should come to my meeting. I don't have to invite people I really don't like.

Photos may help me decide, or remind me who is coming to the meeting.

Part of life:

1. Relationships within the community and other people I like.

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

2. Dealing with money and shopping

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

3. Getting to ordinary places in the community

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

4. Leisure and adult education

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

5. Work

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

6. Where I live and household activities

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

7. Health, appearance and looking after myself

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

8. Day time support

New wants and needs, the next steps

What have I already got that will help?

Part of life:

9. Short breaks

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

10. Communication and feelings

New wants and needs, the next steps to take

What have I already got that will help?

Part of life:

11. Needs of people who support me

New wants and needs, the next steps to take

What have I already got that will help?