

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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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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