



Making your support plan

an easy read booklet

by Helen Sanderson and Andrew Tyson



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Easy-read edit, illustrations and design by **know what i mean**

in  **Control** TM

What is a **support plan**?

A support plan says how you:

- * want to change your life
- * will spend your individual budget to get the life you want.



What needs to be in your **support plan**?

Your local authority has to agree your support plan.

Your plan has to answer these questions:

- 1.** What is **important** to you?
- 2.** What do you want to **change**?
- 3.** How will you **arrange** your support?
- 4.** How will you **spend your money**?
- 5.** How will you **manage your support**?
- 6.** How will you **stay in control**?
- 7.** What will you **do next**?



What are the **different ways** you can make your **support plan**?

First way. You can make your plan yourself using the seven questions on page 3.



Second way. You could use one of the in Control guides from the website: www.in-control.org.uk. Print it out or ask your care manager for a copy.

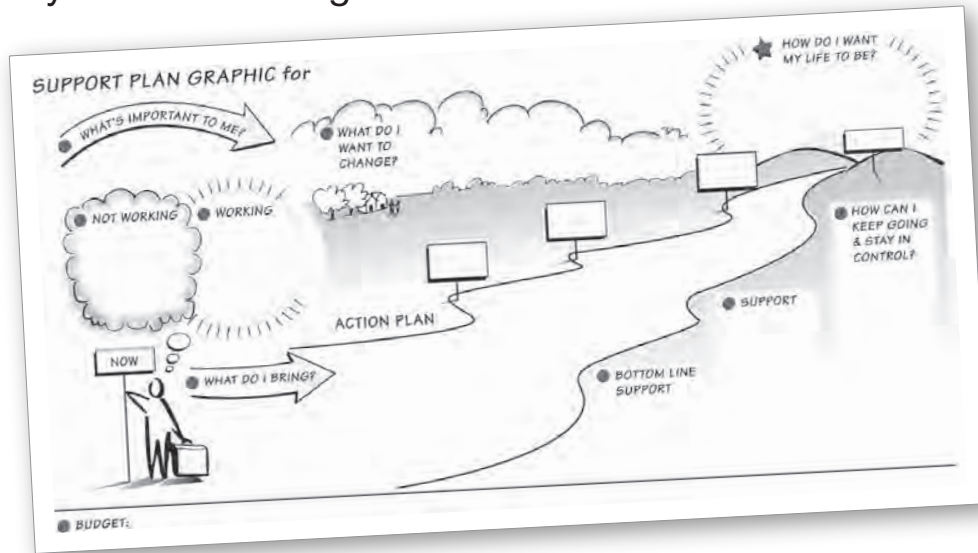
The guides are:

- * **In the Driving Seat** and **Top Tips** - these are mainly for people with learning disabilities and their supporters
- * **Life and Support** - this is for everyone to use
- * **A Step-by-Step Guide** – this is mostly used by disabled people
- * **Support Planning and Older People.**



What are the **different ways** you can make your **support plan**?

Third way. You could start by **filling in a picture template.** You can download this for free from: www.in-control.org.uk or ask your care manager.



Fourth way. Maybe you already have a **person-centred plan** about the whole of your life. You can use information from this to help you make a support plan.



Person-centred plans and Support plans

These two kinds of plan are different.

A support plan:

- * **can't be private.** You have to show the support plan to someone at the local authority. They have to sign it off
- * always **says how much money you have** for support – your resource allocation
- * **says how you are going to spend** your support money to have the life you want.



Who can help you?

There are lots of people who can help you make your plan. Your local authority must make sure you get help if you need it.

People who might help:

- * **family and friends** – you could get together for a meal and use the picture template together
- * **people in services** - like a person-centred planning facilitator
- * your **care manager** or **social worker**.



Who can help you?

There are independent people who you could pay:

- * Centres for Independent Living
- * Support brokers
- * Independent advocates
- * Direct payments support schemes
- * Life coaches
- * Financial advisors.

Ask your care manager about these in your area.



What **can't** you spend your money on?

You **can't** spend your money on anything that is against the law. You **can't** spend it on gambling.



What can you spend your money on?

You **can** spend your money on anything else that helps you get the life you want.

This guide doesn't give a list of things that you can spend your money on.

Writing a list here might stop people from thinking afresh about their own support. **Everyone's support plan is different.** Everyone has different people in their life.



What can you spend your money on?

Think hard about what you need to make the most important things happen quickly:

- * are some of these things free – like support from **friends** or advice from the **Citizens' Advice Bureau**?
- * if you need to **buy some support**, where can you get it and who is the best person to supply it?
- * do you still need anything from **traditional services** – like help to get up in the morning?



What can you spend your money on?

- * do you want to use your money to employ a **Personal Assistant**?
- * do you want to buy **ordinary things** that perhaps you couldn't afford till now? Some people have bought things like an air conditioner, or a fridge to keep drinks cool upstairs.



What can you spend your money on?

Talk about all this with your family, friends and other people in your life - and particularly with anyone else who will help you to plan.

Try and get at the things that will make a difference to you. Don't be held back by what you've done in the past or what other people use their money for...**go for it!**



This space is for **contact details** of people in your area who might help you plan.

Your local authority can put the information on labels and stick them here. Or they can put in an information sheet.

If there's nothing here, ask your care manager for help.

in Control made this booklet for local authorities
to give to people in their area.

Local authorities: add your logo
and main contact number.

Avery Copier Labels
105 x 71mm
8 Labels per Sheet



You can get in touch with in Control

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