

# Thinking Ahead:

## Improving support for people with learning disabilities and their families to plan for the future



The Foundation for People with Learning Disabilities has produced a planning guide for families of people with learning disabilities to help them put things in place for the future.

### The guide includes topics around:

- Making decisions
- Making plans for the future in a person-centred way
- Building friendships and support networks
- Talking about difficult subjects
- Making financial plans
- Housing and support
- Making a plan for emergencies
- Keeping an eye on things
- Making a plan for the future

**“Having secure plans in place gives you an enormous sense of comfort and reassurance.... There’s no doubt the guide is going to be a great comfort to a lot of people.”**  
(Jean Willson, mother of Victoria)



Alongside the planning guide is a report which highlights the real fear and anxiety families have around their future. It also has recommendations for addressing these. Visit <http://www.fpld.org.uk/publications/thinking-ahead-report/> to download the report.

We also offer training and support for organisations who wish to develop their knowledge and understanding around helping families plan for the future. (See our website <http://www.fpld.org.uk/our-work/family-friends-community/thinking-ahead> to find out more about this)

### How Thinking Ahead can help you!

- The report has ideas for commissioners, practitioners and families on how to improve planning in their area.
- Get a copy of the planning guide from our website and plan with your family or with someone you know.
- We can offer support, training and consultancy for local authorities or groups. Please contact us for more information.

You can download the pack for free or a hard copy will cost £10 plus P&P.

To buy or download the resources visit: <http://www.fpld.org.uk/our-work/family-friends-community/thinking-ahead> or phone 0207 803 1100

### Contact

To discuss any aspect of support or training around this project please contact **Christine Towers** on: **0207 803 1158** or [ctowers@learningdisabilities.org.uk](mailto:ctowers@learningdisabilities.org.uk).



foundation for  
people with  
learning disabilities