

# Planning Your Support

## Factsheet 27 – 14 April 2011 (4 Pages)

### Your personal plan for the future

During a your life there will be times when extra help or support may be needed, it may be as simple as having assistance from a neighbour or friend, or having additional information or guidance to help you understand what help is available. At these times, it is often helpful to look in detail at key elements of your life, and think about what is working well and things that you may want to change.

This process often helps people really understand what they are able to do for themselves and be clear what additional help, if any, they may benefit from. A 'personal plan' helps people have greater choice and control over how they lead their life and any support they have.

Your care manager or social worker does not have to be involved in writing your personal plan but they do have the responsibility of agreeing your support before your personal budget money is made available to you.

### Why are support plans being introduced now?

We have changed the way we provide social care by estimating how much money we think you will need for your care and support. You

may find it helpful to also read *Factsheet 6 Estimating your budget* and *Factsheet 7 Personal Budgets*, which explains more about how you can manage your money.

First of all we will give you a social care assessment to find out whether you are eligible for support from us. During your assessment we will have a conversation about your support. We will take into account your personal circumstances and preferences. You will have the chance to discuss your estimated budget with us, as well as the support you need to meet your eligible needs and how you wish the support to be provided.

You have the opportunity to make choices about how your support is delivered. A personal plan is one way to look at key elements of your life and think about what is important to you, things you want to change, how to support your needs and plan a way forward. This is equally applicable for someone who is planning care for another person.

**Can I get help with my personal plan?**

People who know you well can help you with your plan, so long as they know what your maximum estimated budget amount is and have a copy of your original assessment. This may be your family, friends, staff who support you, an advocate or professionals such as a community nurse or occupational therapist. Of course you can also write it yourself.

**There are several templates that you may wish to use. These are available on the standard version of this factsheet.**

**What does a personal plan look like?**

**Personal plans can be written in different ways. They may be short or long - with pictures or just text. It's important to stress that a personal plan is not another form to fill in. There is no 'ideal number of pages' to a personal plan, it's simply a place to record your thinking and decisions. When you are making your own plan, it doesn't matter what it looks like. There are some useful things to include in your plan:**

- **What are the important things in your life?**
- **What is working well?**
- **Are there things that you need help with?**
- **What do you want to change, do or achieve (your outcomes)?**
- **What can you do to achieve the things you want?**
- **Who or what can support you to do these things?**
- **If someone supports you what would you want them to do, what would help?**
- **How will you use your Personal Budget?**

**You may want to think about the following areas of your life:**

- **How you stay fit and healthy?**

- **Are there relationships with partners, family or friends that are important to you?**
- **Can you prepare meals, keep your home clean and look after your hygiene?**

**There are several templates that you may wish to use, these are available on the standard version of this factsheet.**

### **Who sees my personal plan?**

**Your personal plan is your property and you decide who sees it. It is useful for people who have a supporting role to see it, as it is often important that they know who else is involved.**

**A personal support plan can be used as part of the Devon County Council assessment process and where people have eligible needs it would be very helpful for the social care representative to see and discuss it.**

**If you have any further questions please contact Care Direct 0845 1551 007**

**Further factsheets can be found online at [www.devon.gov.uk/factsheets](http://www.devon.gov.uk/factsheets)**

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