

## SUPPORT PLAN – Y

My name is Y. I live with my husband B in xxxxx; we are very close, and he supports me a lot. I try to have a good life despite my problems, and I like seeing my friends and meeting new people. We have a lovely family – some of whom live close by, but others I don't get to see so much because they're in Somerset. I like being busy and enjoy seeing my family, and especially my Grandchildren, and I would love to go on holidays from time to time to spend special time with all my family.

One of the things I most love to do is to go swimming – at the moment I manage to go once a week to Sudbury, which is the nearest accessible pool I can use, but I would really love to go more often – I have a great day out, I have a swim, go for lunch afterwards and then do some shopping in the town. I also enjoy doing crafts and puzzles – I like to make table decorations at Christmas time and I enjoy doing Copperfoil art, and would like to try out more crafts.

I have to use a wheelchair most of the time, and my home is not really accessible to me, even though it is a bungalow; I can't use the kitchen because of the sloping floor (I can get into the room but I can't manage to go back up the ramp on my own) and the kitchen is too small for me to move around in; the bathroom, although adapted, is a long way from the lounge and I can't manage to get there on my own, so I have to use a commode. I'm on a lot of tablets which I have to take every day and have to spend a lot of time in bed in the mornings – I need help to get washed and dressed and then I enjoy going out, getting some shopping and meeting people. When I'm up I spend most of the time in my wheelchair. I recently bought a chair for the lounge, but can't stay in it for long as it is uncomfortable, so I would like to think about getting a different one.

B and I recently bought a new wheelchair accessible van, which is really wonderful (and a lovely green colour!), and we enjoy going out for day trips together or out to the theatre to see shows. B has to do a lot of things for me, like the housework and caring for me when my PA is not around, checking I take my tablets on time, doing the shopping, cooking and gardening and getting me to appointments. I

don't like being on my own in the house very much, and that can be difficult sometimes when B has to go out shopping; he always takes a mobile phone so that I can contact him if I get worried about anything, or if he's running late he can let me know. I feel that if he could have some time on his own knowing I was safe and looked after, that would help him do the things he'd like to do, like pursue his interest in classic cars. I would like to do some things on my own without him too – like shopping and crafts – that he doesn't enjoy doing so much, but maybe a PA could do with me.

I would like to employ a new Personal Assistant - the one I have at the moment has just handed in her notice, and I would like to use this opportunity to change the types of things I want a PA to do for me, and find someone who could help me with my personal care as well as do other things with me, like go 'girly shopping', help me try out new crafts, help me do things around the house, go with me to the theatre or on a day out, accompany me and B on holidays so that we can see our family more, or just spend some time with me chatting over family news and giving B and I a break from each other. As I currently receive Direct Payments, I already have an employment contract worked out, but I have been thinking about the changes I will need to make to the job description so that I can make sure my new PA will do all these things; I have also been thinking about the kind of person I would like to work with – someone cheerful and helpful, who will provide help with my personal care in a dignified way, and who would be flexible around the times I would like to have support.

I would also like to employ a gardener during the Spring and Summer months, as I enjoy being out in the garden and watching the different birds feed from the birdtable, but the extra work maintaining the garden is too much for B to manage on top of everything else. Another thing I would like to do is to use my computer more. We bought a laptop recently and we have a digital camera which we use on days out and visits to the family, but we don't know how to use these properly; I would like to be able to go on the internet to look at things and maybe buy my shopping, or perhaps email my family to keep in touch more.

I have been receiving a Direct Payment for some time, and so B and I are used to dealing with money, and recruiting and supervising staff. I

use Essex PASS to help manage the payroll and do my quarterly returns. This service works well for me, and I would like to continue using Essex PASS to help manage my individual budget. At the moment, I have a credit in my Direct Payment account, and I understand that this money can be transferred over to my individual budget.

I get a lot of support from B and the rest of my family, who will be able to help me manage my support, and are always there for me if I need help or advice. I like to make my own decisions, but sometimes it is helpful for me to check things out with the people in my life who are the most important to me and know me best. In the event of my PA being ill or on holiday, B and the rest of the family would help out; if they were unable to support me for any reason, I would use a Care Agency to meet my personal care needs. I am quite happy and used to getting support from a range of places when I need it - at the moment an Advocate from ILA Essex is looking into some of my housing problems, and I am waiting for a visit from an Occupational Therapist who I'm hoping will give me advice about a new armchair and other adaptations to my home. Through talking about my support plan with staff from the individual budgets team, I have found out about a voluntary organisation called ITCH network, who provide volunteers to help disabled people with their computer problems, and I'm going to get in touch with their local organiser, who has some volunteers available in the Chelmsford area to help me with my computer.

Signed .....

Date .....

MY INDIVIDUAL BUDGET IS	£6,614.40
MY DIRECT PAYMENT ACCOUNT STANDS AT	£1,017.60
TOTAL FUNDS	<u>£7,632</u>

#### HOW I WILL SPEND IT

##### PA COSTS

(12 hours per week  
@ £9 per hour) £5,616

##### GARDENER

(£30 per month  
for 6 months) £ 180

##### SWIMMING

(£10 per week for  
45 weeks) £ 450

##### DAYS OUT

With family and friends £ 150

##### COMPUTER SUPPORT

FREE – from ITCH network, voluntary organisation

CONTINGENCY FUND £ 200

TOWARDS HOLIDAYS £1,036