

**B**

**INDIVIDUAL BUDGET PLAN**



**INDIVIDUAL BUDGET - £11700**

## WHO I AM

My name is B, I am 18. I am bi-lingual as I lived in France for 11 years. I came to England when I was 13 as the schools in France were full. I now live on the Estate with my mum.



This is my mum and me – we are very close

I don't have any brothers or sisters, just my mum.

I am very friendly and outgoing and enjoy being out with other people. I trust everyone, mum says this is not always safe.

I am very affectionate to people but I am told I must learn about others 'personal space'.

I like modern clothes and enjoy looking 'cool'.



I love my music and can play the piano. I enjoy listening to music.

I love drama and acting and mum says I am very good at it. I want to be famous.

I love drawing. I passed my GCSEs in Art and Drama my mum was so proud of me.

I have had some very bad experiences in my life that I sometimes feel angry about.

I can sometimes be rather stubborn and do get in bad moods sometimes but when I see that I have upset people I am sorry and I am keen to apologise and be friends again.

I love parties especially when I can sing with Elvis!



People say that I am a bit of a comedian and I enjoy making people laugh.

I like girls. I want a girlfriend. I would like to get married when I'm older.

I enjoy going to the cinema and watching my DVD's and playing x- box.

I enjoy going in to town or car boot sales, I like finding new DVDs and x-box games

I love my food and enjoy learning to cook; I like to experiment in the kitchen.



This is me in America. I liked to eat proper size hamburgers and dress like a cowboy!

I am very caring and would like to help others less fortunate than myself. When I see programs about Africa and the people starving I want to send some of my money to them.

I would like to get more involved in People First and the People's Parliament; I want to help disabled people.

I love to travel.



This is me in Tunisia – I rode a camel and slept a night in the Sahara Desert

## WHAT IS IMPORTANT TO ME IN MY LIFE

**Not to be bullied** and feel safe in the things that I do and where I live.

**Being safe** – I am too trusting of others, this has been proved to be dangerous and detrimental to my life.

**To live in my own house.** At the moment I am happy living at home with my mum but I look forward to living in my own house in the next few years.

**To get married and have children.**

**To have a job.** Starting work experience at Iceland and at McDonalds and soon to join the Mencap Pathway scheme which I hope will lead to paid work.

**To have my own P.A** so I can be more independent to have the opportunity to have more choice and control in my life without being in danger or at risk.

**Person Centred Planning** and having my PATH with my goals for the future – being able to keep it ‘alive’ and changing it as I achieve each goal.

**Going to college in September 2006.** I am currently signed up for the “Pathway” course but would be interested in looking at a mainstream music/drama course.

**To have support to go to college,** to travel to and from it and also for the 2 days when I will be home and my mum is at work.

**The outings that are already in place;** staying with J and D once a week, the Men’s group with R on a Tuesday evening, going to church most Sundays and attending the monthly bible classes for people with a L/D with Cs who is the pastor’s son.

**To be able to go out more** to bowling, the cinema, health club a night club, People First and do courses like Makaton, BSL, French, drama, music and dance.

**Not having always to rely on my mum for transport and support** for all activities outside the house. My mum works and has rheumatoid arthritis and she is not always able to support me as she would like to.

**Finding a girlfriend** and making new friends of my own age.

**To travel:** I would like to visiting New York and to go to Euro Disney

**To be able to go and see to an adult show** with female dancers; my mum is too embarrassed so will not take me.

**To be like everyone else.** I would like to have choice and control in my life just like everyone else.

Now that I am 18 I have a bus pass and will be able to ride on buses free of charge.

## WHAT I WOULD LIKE TO ACHIEVE IN THE NEXT 12 MONTHS AND WHAT CHANGES I NEED TO MAKE

<b>What I would like to change</b>	<b>How to achieve this</b>	<b>With whom</b>	<b>By when</b>
To move away from xx and the dangers from bullies	We have sold our house & are buying one in town	Mum & Me	Oct 2006
To live in my own house in a few years time	Put my name on the housing list	Sally and Me	Sept 2006
To be learn to be safe	Apply to go on a course on relationship advice	Sally for the info Mum to organise Me to go	Sept 2006 Oct 2006
To learn to deal with the difficult things that have happened to me	Start to see a clinical psychologist	Mum to organise Me to go	Oct 2006
To attend my college course for 3 days a week. To be supported to travel to and from college. Not to be alone or at risk on the 2 days when my mum is at work.	Appointing one or more PAs through an agency; Identify what qualities I require in my PA Create a job description To interview & appoint the right PA	Mum to contact the agency. Me & Mum  Mum & Me Mum & Me	Aug 2006  Completed  Aug 2006 Sept 2006
To have a wider and more fulfilling social life without being bullied or being at risk. To make new friends in the community	Appointment of PA	PA & Me	Oct 2006  Dec 2006
Improve my life skills by: Learning to travel alone Learning to cook 3 course meal Learning to clear up after myself Learning to keep my room clean Learning to wash & iron clothes	Appointment of PA	PA & Me	Jan 2007 Mar 2007 Nov 2006 Nov 2006 May 2007
Attend other adult education courses	Appointment of PA Enrol on courses	PA & Me	Oct 2006
Gain more confidence, gain more control of the choices in my life and have the chance of being like other young people.	Appointment of PA	PA & Me	Aug 2007
Not having to rely on mum for support and transport	Appointment of PA	PA	Sept 2006
To join People First To become an MEPP	Facilitate joining PF Get info on how	Steph Steph	Nov 2006 Oct 2006
To travel to New York and Disney World	Organise and book holidays	Mum	Aug 2007
Be supported at work experience.	Referral to Mencap Pathway scheme	Shannon	Sept 2006
Look at different college courses more suited to me & what I like.	Investigate supported places on mainstream courses	Me, Mum, Steph and Zara	Jan 2007

## **DECISION MAKING IN MY LIFE.**

I have talked to my mother about decision making and she has stated: "I will always try to support B to make his own personal decisions taking into account safety issues"

At the moment mum makes most of the major decisions in my life as I live at home and rely on her support for all of my social activities and transport.

Her work and her illness makes her tired a lot so often when I ask to go out she can't take me, the final decision on this is always hers, even when I get in a bad mood about it. If I really want to go somewhere like the cinema or to visit D and J and keep insisting she will help me get a taxi or take me to the bus and ask D to meet me at the bus stop, but often she just says 'no'.

My mum will advise me and discuss through certain decisions that are essential to my life, but I do generally have the ultimate decision as to whether I really want to do something or not unless it is unsafe. It was my choice to leave school and go to college. We are moving house as I won't go outside anymore because of the bullies here; she gave me the final decision on that too. We are saving up to go on holiday, she's said I can choose where we go.

Decisions on what I do at home on my days off college and at week-ends are usually mine, e.g. what time I get up in the morning; if I stay up a bit later at night (except if I have college the next day); what I do with my day, like watching my DVDs, playing my X box, playing in my room; whether I want to go to church or not, go to the men's club or stay with D & J. She does sometimes ask me to clean my room or do the washing up and I usually sulk about it, I still have to do it though! If she is going out somewhere she gives me the choice of going with her or not, if I don't want to go she makes sure there is someone around to support me and keep me safe. She tries to get me to go outside more to play, but I won't go because if I do the bullies come and make fun of me.

Mum makes most of the decisions on the kind of food we eat, she says hamburgers, hot dogs, sweets and fizzy drinks aren't good for me that they will make me fat and doesn't let me have them very often, I do like them though! I often ask if we can have a Chinese takeaway and sometimes she says 'yes' and I ring up and order it. I would love to go out to restaurants a lot but mum says it's too expensive.

Now that I am on Individual Budgets, I will have support from my Advocate, circle member and mum to make informed choices as part of this plan and in the future. We will meet regularly to see how my life has changed and everyone will make suggestions on how to give me more control in my life. They will help me go to an agency to ask about PAs and help me interview any potential ones. I will choose my PA, but they will help me through that decision but pointing out the good and bad things about him. They will ensure that things are working out with my PA as I had hoped and if there are any problems they will help me sort them out. They will help the PA find things that we can do together that aren't too expensive but that will get me out of the house a bit more and learn about life.

Having a PA will enable me to make more of my own decisions on what I would like to do in my own time; I will be able to go out places without having to rely on mum to come with me or to drive me there; I will be able to go to the park, to play football just outside my house or go for bike rides without being scared of the bullies; I will be able to do many more activities outside, away from home without mum saying she has too much work or is too tired. I might even get help when I have to tidy my room or do the washing up!

He will help me learn things I need to so that when I'm a bit older I can live on my own, like using the bus, keeping safe, cooking, money skills and even maybe how to enjoy cleaning and tidying up!

He can take me to classes like BSL, Makaton, cooking, drama, music and art which will help me learn more about the things that interest me. He can take me more often to People First and I could learn how to be an MEPP and maybe get voted in next year, that would help me learn how to help other people with disabilities, I would like that. He can help me with work experience so that I am better able to get a job, he could help me find a Saturday job and support me while I'm there.

**The appointment of a PA will enable me to have choice and control in my life.**

## **THE SUPPORT I WILL NEED TO MAKE SURE I STAY SAFE AND WELL**

Counselling will ensure that my emotional issues are dealt with and do not cause me problems for the future – I have already been to see a lady at the xx and I am waiting for an appointment to see the psychologist.

Relationship advice will ensure that I understand how to behave towards others. When I have finished seeing the psychologist they have agreed my place on a personal relationship group.

Recruitment of P.A. through a care agency will ensure that Police checks etc are completed and will enable mum to be free of the stress of employment issues.

A P.A. will give me support to travel to and from college safely and teach me how to travel safely on my own

A P.A. will give me support and keep me safe while mum is away at work and I will be able to learn everything I need to, to keep safe in the future on my own.

A PA will give me the confidence to go to the park etc; I also will get more exercise

A PA will enable me to learn the skill I will need to live independently

Mum has suggested that we employ two different Pas so that if one is sick or unable to come the other may be able to come in his place. Mum says though if we employ the PAs through an agency they will be obliged to find someone to cover for him if he is ill or unable to come.

If for any reason the agency has problems with getting cover for my PA or mum has a crisis or an emergency, D & J will always be there for me, they would pick me up and take me to their house; also J, who lives round the corner, has always taken me in to her house when we've needed it and M has offered in the past when mum has been really stuck. I'm sure that now I have my advocate and circle mum could ring them if all else failed.

D & J have promised mum that if she died they would take me to live with them while supporting me with all my plans for independent living.

## HOW I WILL BE SUPPORTED

### Example of Timetable for the week

<b>Day of week</b>	<b>Morning (8am to 1pm)</b>	<b>Afternoon (1pm to 6pm)</b>	<b>Evening (6pm to 11pm)</b>	<b>Total hours</b>
<b>Monday</b>	PA to support me to do courses on drama, BSL etc while mum's at work	PA to support me in life skills like cooking etc. Learn road safety on bike rides etc.	Evening in with mum	
<b>Paid hours</b>	5 hours	4 hours		<b>9 hours</b>
<b>Tuesday</b>	PA to support me to college on the bus	PA to support my return on the bus & to support me to cook my tea etc on return	Mum to take me to Men's Group & to bring me back	
<b>Paid hours</b>	1 hour	2 hours		<b>3 hours</b>
<b>Wednesday</b>	PA to support me to college on the bus	PA to support my return on the bus & to support me to cook my tea etc on return	PA to support me in social activities of my choice	
<b>Paid hours</b>	1 hour	2 hours	4 hours	<b>7 hours</b>
<b>Thursday</b>	Mencap support in work experience. PA to support me afterwards.	PA to support me in going to People First.  Play football etc	Evening in with mum	
<b>Paid hours</b>	2 hours	4 hours		<b>6 hours</b>
<b>Friday</b>	PA to support me to college on the bus	PA to support my return on the bus & to support me to cook my tea etc on return	PA to support me in social activities of my choice	
<b>Paid hours</b>	1 hour	2 hours	4 hours	<b>7 hours</b>
<b>Saturday</b>	PA to support me to do activities & life skills	PA to support me to do activities & life skills	Mum to take me to D & J for the night	
<b>Paid hours</b>	5 hours	4 hours		<b>9 hours</b>
<b>Sunday</b>	Mum to collect me from D & J. Go with C to church	Time with mum	Evening in with mum	
<b>Paid hours</b>				<b>41 hours</b>

## How I will spend my money to get the support I want

<b>Money in</b>	<b>Per Week</b>		<b>Per Year</b>
Social Services	225.00		11,700.00
EMA	30.00		1,560.00
DLA	78.75		4,095.00
Independent Living Fund	395.01		20,540.52
<b>TOTAL</b>	<b>728.76</b>		<b>37,895.52</b>
<b>Money out</b>			
½ DLA to ILF	39.375		2,047.50
PA through Agency	598.60	@ £14.60 ph for 41 hrs pw	31,127.20
<b>TOTAL</b>	<b>637.975</b>		<b>33,174.70</b>
<b>Total left for expenses</b>	<b>90.785</b>		<b>4,720.82</b>
<b>Expenses</b>			
Travel costs for me & PA	14.40	To and from college 3 days pw	748.80
Meals at college	7.50	3 pw	390.00
Other travel costs	15.00	estimate	780.00
Entrance fees etc	15.00	estimate	780.00
Meals out for me & PA	15.00	estimate	780.00
Costs for reviewing plan	1.44	@ £25 ph for advocate 3 X pa	75.00
<b>TOTAL</b>	<b>68.34</b>		<b>3,553.80</b>
<b>Left over/ spending money</b>	<b>22.44</b>		<b>1,167.02</b>

**The money I receive from the ILF will be spent on paying the agency for my PA**

## **REVIEWING THE PLAN.**

Advocate and member of Ben's circle, with B and mum.

After 2 months

After 6 months

After 1 year

## **MY PLANS FOR THE NEXT 2 YEARS**

**To move house:** My mum and I would have moved house before the end of the first year which will make visits into town, to Aqua Springs and bowling easier and more accessible; travel time and expenses of the PA will cut.

**Bus Travel:** I am expecting to have mastered the buses before the first year is completed, this will mean less expenditure on travel to and from college and on the employment of a PA for these journeys; however my mum needs to be sure I am safe.

**More unpaid support:** With the support of a PA in the first year I expect to be able to make more links and contacts in the community which will enable me to obtain unpaid support by accompanying others in certain activities. We will ensure beforehand that these are safe for me tap into.

**Independent Living:** The life skills I gain with the help of the PA will enable me to obtain my dream of independent living. With his help and that of my circle I will look at the options in the following two years.

**Work:** My work experience with Mencap will prepare me for paid work. I am hoping to have found a Saturday job within the next two years.

**Adult Courses, People First & MEPP:** Attending these will have improved my education, communication skills, confidence and social contacts/skills. I am hoping that attaining these skills will give me openings into employment within the disability sector. I am hoping in the next two years of starting up an online dating agency, with support and through the contacts I make at People First.

**Counselling and Relationship Advice:** Seeing a clinical psychologist and attending Relationship Advice will enable me feel and to cope better with the bad things that have happened to me. I will learn how to behave towards others and to remain safe in the future.

**Having my own PA:** This will open up so many avenues for me that will improve and enhance my health, my life and my future prospects. It will also enable me to spend quality time with mum by removing many of the daily stresses in her life.

**Most importantly though is that all the above will enable me to become independent. My mum and I both know that I have the potential for independent living and are doing all we can to work towards it; all I need is some input into my life now with the things my mum is unable to do, which will help me to learn all that I will need to know to live, work and travel on my own safely and without support.**

**Over the next few years the hours of support necessary from the PA will diminish as I obtain the skills I need, until we reach the point of me not needing one at all.**