

INDIVIDUAL BUDGETS SUPPORT PLAN

FOR

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**My individual budget from SSD is £222.60 per week
=£11,575.20 annually**

**ILF to be applied for, if assessed at £375.00 per week
= £19,500 annually**

Total Individual Budget would be £ 31.075 annually

To be used

SSD funding on personal care	£10.400
SSD funding flexible	£ 1.175
ILF on personal care	£19.500
Total	£31.075

2. Who can help me make decisions in my support plan?

As I make the decisions about my support plan the final decision will be made by me. But along the way I will get support in making these decisions from several people. Below I have set this out using the decision making matrix.

Important decisions in life	Who will help me make the decisions - how will I be involved	Who will make the final decision
For life in general discussions are always made with support from my husband (G) and the people it may ultimately affect	G (husband)	ME
Helping me to think out of the box re: areas of support, I wouldn't necessarily think of (they do more for me than I realise)	H & L) Close friends like D& M	ME
They know me well and know how much I would NOT say about help I need	Peer support + DPUN also my P/A's who know me well	ME
They both deal with me in different ways and are close to me knowing how	My P/A's	ME

my disability affects me physically and psychologically		
They have been able to help me by nudging me in directions that I would not necessarily think about as I suppose I always do not think how difficult and painful life can be as I just feel Iv'e GOT to get on with it!!	KA (IB support assistant) J (part time S/W)	ME

3. What is working and not working in my life?

WORKING	NOT WORKING
Personal care	Not enough time rely heavily on family
Taxi driver always use same man who works above and beyond	Transport, car is not accessible cannot take chair. Cannot go out as a family or socially
The M centre enjoy it also can be of help to others re advocacy/support am qualified nurse in L/D. do not have to provide carer which I could not do, gives G respite	
Am secretary of access group and am also fully trained access auditor	Cannot have a P/A as cannot pay her, very difficult as have to pay for taxi (car not accessible)

Co-Chair ZZZZ	Cannot afford P/A to be with me need her for care and also to take notes as I cannot write at length. Want to do more but can't.
Board of YYYY	Cannot afford P/A to be with me need her for care and also to take notes as I cannot write at length
Housing development advocate/ work with O council and housing Assc	Need P/a for this also accessible car
Open University	Having break as have found because I cannot afford support in other areas of life this impacts on OU work for instance cannot get to library So dependent on daughter as support hrs do not cover
GP My DR is most supportive only to the degree he can be. Understands my position fully	Cannot get to surgery have no accessible transport
Computer is my lifeline Care Call Medic Alert	I have to use Dragon as cannot use hands/wrists. This is my lifeline because I can't go out much I socialise, do everything through the net

ALL THE REST OF THE THINGS ARE NOT WORKING IS EASIER TO WRITE THEM DOWN WITHOUT A COLUMN.

- The house is not fully adapted even with DFG it would still be at a cost of £2,800 to my self(this was supposed to be for ramp and stair lift) I do not have this money, my husband built a ramp but still no stair-lift have fallen down fracturing hand.
- Am trying to prepare for selling house move to more accessible bungalow, need to have more P/A hours to help me get stuff packed up etc.
- Live in very rural area have to pay higher P/A rate to cover the petrol to get to me
- I am a housewife who has standards I wish to keep this is impossible can't afford help

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Husband/daughter has to cook it when gets home I can't have support to do it(would love to have it ready for them like a proper wife/mother. Always feel guilty that I am a burden

- I have acupuncture funded by NHS supposed to be every 4 weeks but now more like 12 weeks if I have hospital transport wait so long and all beneficial things from having it has disappeared. My doctor has now sent me for scan re: osteoporosis have lost 3 ins in height there are also other signs re this
- I worry continuously about the effect on G's health as he has a neurological problem whereby his arm goes entirely numb also has a severe back problem for which he wears a belt(scoliosis also present) cannot push me and only way I go out is to take my old power chair apart so it can be lifted in parts into boot of car.(parts are very heavy only done when it's an emergency as it really causes pain to G.
- Dependent on H (married daughter) for respite for G (he spends night over there as he is passionate about doing up classic cars does this with son-in-law and enjoys a night without constantly getting up for me. H stays over with me so he can have a few normal hours. Both daughters and son-in-law decorating before

selling house on top of care they already give me.

- **Am so afraid I am losing the relationships I should have with my daughters and husband as they seem to have to care for me all the time. (I am supposed to be a wife and a mother . I should be able to be there for my Mum as well, she is 82 visually/mobility impaired with heart condition relies heavily on G for physical help.**

**4. How do I want my life to be? What changes do I want to make
Firstly I thought about the first part of the question? And I feel
one of the best ways to put this down is just to write a list of**

HOW I Would Like MY life to Be

**Living in B near J in an accessible bungalow with a garden that
has raised beds so I can garden.**

I could get into town

**I would have my own transport a green Berlingo that my P/A's
Husband and daughters could drive**

**I am in control, we can go out together as a couple I could go out
and treat my daughters as mothers should be able to
shopping,lunch out,socialising.**

Free of guilt.

Do sports (for the adrenaline rush)

Holidays with G being relieved from P/A role

Be a proper housewife

Go out with P/A so G gets his own timetime out

Have an accessible study

P/A who can drive me Can go to meetings with me and take notes

A P/A for all my work

Music concerts for hubby and I to go to

Abseil

Hot tub

A hot air balloon ride over local area

To be able to go shopping and not always have to use the internet

Impromptu time

Take on more advocacy work

Off-roading

Be equal

Personal trainer to show me what exercise I can do

Join a gym

Be able to go to the library when I want

I have made Two plans

1. Plan one is on the level of funding that I presently receive.

I presently receive £11,575.20 =£222.60 this equates to 21 hours.

Below is a table showing how this money is used. **It is NOT possible for any changes to be implemented using IB on the existing amount. Although I will be using my own finances to obtain a Belingo car, I will not have the funding that would enable a PA to support me to access my community in the way that I would like and need.**

Day of week	Morning (8am – 1pm)	Afternoon (1pm – 6pm)	Evening (6pm – 11pm)
Monday	8am-10-pm P/A get up make bed dress .prepare a lunch for me	3-3.30 P/A gets meds, makes drink, ironing, fresh air?	Stay in watch tv do office work(can't get up there all day only in eve, stairs) then helped to bed all routine by G
Paid Hrs	1	2	0
Tuesday	PA support to get up bathed	P/A 3.30 help with clothing,	Same routine or taxi

	dressed. Cleaning.	washing, meds, tidy. paperwork	meeting
Paid Hrs	4	2	0
Wednesday	Wash dress Make bed Tidy prepare centre/meeting	Be at centre or meeting help at 4.15 coat off help prepare tea meds given	Same routine (G to college (I year) dyslexic help from daughter help in & to study or to meeting
Paid hours	1	1	0
Thursday	Get up wash, dress, meds, meeting (housing)	P/A 3pm helped to undress bed for while meds (G get me up when home from work	TV or work in study
Paid hours	3	1	0
Friday	8 am Get up dress, wash, hair. Get ready meeting pm G home	Weekly accounts Meds, tidy, drink.	Daughter help with work till 9pm
	1	1	0
Saturday	Get up dress, Washing ironingcare? G sorting mum out/daughter at work other	Weekend has to change according to who is available to help	Watch tv Work in office as G is home (its upstairs

PA Hours	4	2	2
Tuesday	Get up washed and dressed support me to go to the gym and shower afterwards	PA support to go to meeting	Watch TV bed (G)
PA hours	4	3	
Wednesday	Get up, washed and dress, support to go shopping and to Centre	Help/exercises when get home prepare tea	Get ready and go out top socialise with centre pals (G time out
PA hours	4	1	3
Thursday	Morning of rest get up later	Office work for groups involved with Hydrotherapy?	Night in with husband, help get ready for bed
PA hours	1	4	
Friday	Up, dressed, Take to acupuncture cleaning	Lunch then help to bed for rest Then prepare dinner	Support with going to meeting
PA hours	4	2	3
Saturday	Up, dressed then onto hairdresser	PA support to go shopping with daughters	Dinner out
PA hours	2	4	
Sunday	G will usually support me with all me personal care		Support to enable me to have a night out with daughters
PA Hours			4
Additional			
One Sunday In four			Will work one Sunday

			in four to provide support when G goes out.
PA hours			8 hours average 2 hours per week
Total	Personal Assistance	Hours	47
2 Nights per month			To enable G to spend time away from the home I will need support overnight.
PA hours			2 x 12 =24 hours

SSD and ILF funding on personal Care - Weekly

3 P/A's earnings = 47 hours at £11.00 per hour =£517

24 hours twelve times a year at £6.00 per hour averages weekly at =£ 33

Contingency for additional hours when required =£25

Weekly total =£575

Annual total =£29.900

This will be funded by

SSD £10.400

ILF Gross £19500

SSD flexible funding

Gym membership =£ 450

Part payment towards Personal Trainer =£ 825

Total =£1175

WOW I CAN'T BELIEVE WHAT COULD HAPPEN(never in a million years) I WILL NEVER BE LIKE OTHER SO-CALLED NORMAL PEOPLE, WILL I?

This plan can only be approximate as I am mindful of G's health and age and as I have a progressive condition I cannot know how much help I will require. This plan also shows HOW much I can live when I have the resources. This year is also to be the year for getting the beds raised in the garden having a holiday with G not having to do P/A work as one will be taken along. I will also complete one of my dreams(that of a trainer) so I can try some exercise that will be ultimately of benefit to me and to others(hopefully will be much healthier. I hope to also buy a w/c that is of superior quality and will be of great help by allowing me to sit in different ways and to be able to rest much better during the meetings One that goes up, down, vertical, horizontal. This is a real problem and stops me from being totally involved as I am not taking in all I should as I am uncomfortable and in pain. Having a note taker will be marvellous as I can't write very much due to pain/weakness of my hands because of arthritis. It is really difficult to get hydrotherapy as the NHS does not allow more than 8 weeks hope to find somewhere as it is so useful with pain, stiffness of joints allows me to move easier Eventually (yr 3) I want to get my own hot tub that I will use everyday because it helps me so. Another thing I would really like to do is go to a beauty therapist as I can't put on makeup like I used to so it would be great to have eyebrows died on or eyelash tinted, I know this sounds so stupid but I really grieve for the loss of that area of my life as I was always the sort of person who set store by this. If I get more help I would really like to be part of CPPIH (commission for patient public health I had to give this up as I could not attend due to not being able to afford a P/A We will Have the transport to go to concerts. I will be a citizen again!!!

I have in my mind a three year plan of my dreams and what is attainable

1st year)(ILF is included in my dreams of what is attainable)

- An accessible car.**
- A bungalow made accessible for me**
- More P/A hours but not enough as I have to pay for car**

- Some note taking

2nd year)

- A lot of my P/A needs catered for
- Can now garden have raised beds
- Pain is lessened through better wheelchair
- First time but only short break but husband does not have to look after me because P/A comes to.
- Am now taking to gym with a personal trainer.
- Hoping to get hydrotherapy.
- Get full benefit when having acupuncture.

3rd year

- getting full P/A care and attention
- Have 3 P/A's and another who helps when needed
- Been able to abseil
- Making a routine over hydro and having more frequent acupuncture.
- Great holiday for both of us with P/A support
- G enjoying full time out
- Able to do OU having flexible support not always asking daughter for help
- Been able to try different sports
- AT first I was wary of being me now I celebrate it, like being re-born
- Free of Guilt at last

When we were talking about my plan I was asked

What will you bring that will help you make changes? I answered by listing all my resources.

- Personal resources I have management experience due to my nursing training I used to run a unit that helped people with L/D get ready to work in the outside world after being so many yearsZZZz I am co chair and work as a member of the board of XXXX.
- I am resilient, stubborn, determined, strong- minded, optimistic but realistic, Adaptable organised(trained access auditor) I have a thirst for knowledge(open university) I am a certified counsellor, I know how to listen. This sounds silly but I am like a dog with a bone I won't let go.

- **Physical resources**
- **Special type of bed that allows me to rise ect.**
- **Riser recliner chair**
- **Wheelchair**
- **Computer**
- **Grabber**
- **Perching stool**
- **Bath chair**
- **Toilet surround**
- **Wrist/back supports M centre**
- **Walking sticks**
- **Grab rails**

Knowledge resources

- **I have knowledge surrounding direct payments**
- **I am lead in a housing development group**
- **I am a registered nurse specializing in L/D**
- **certified counsellor**
- **trained access auditor**
- **am taking a degree which looks into areas such as social policy, community care**

People resources

- **G(Husband)**
- **Daughters**
- **Peer Support from pilot group**
- **M centre staff especially manager A**
- **Friends at M Centre and other places especially S**
- **My colleagues at ZZZZ and YYYY**

What support do I need to make the changes that I want?

Money is the key to my changes also the great need for my own accessible transport. With more financial resources my P/A's will work more hours and I would be able to employ more staff

I want to manage my own money and to employ the people I know. I have made tentative explorations about this and the P/A's I already use would be willing to work more hours. I have also spoken with a person who worked at M Centrer for several years she would also be willing to help as it seems she would be needed mainly in the evenings and at weekends. She already does caring but only in the early morning and is experienced about exercise also has nursing experience. D is someone I met through love of the theatre (was in an amateur play) he has worked on a voluntary basis with disabled people, he is quick to learn and will be the type of person who would be adaptable to my ways. He is also a MIDAS trained driver,

My contract with all of my P/A's is self employment, I have found there to be no problems with this if it is stated in the contract. My contracts are clear and concise, I always go through the terms of employment in a very detailed way with them I pay holidays because when you employ people I have found the policy of if you are considerate to them they will do like wise, works incredibly well and because I am a good employer they always seem to be good employees if I need to advertise for more staff my job advert would include the terms I felt were important.

For instance

- **MUST be able to drive**
- **Work as my assistant take notes, help with administration**
- **Be eager to learn**
- **Look after personal needs**
- **Can understand confidentiality**
- **Be healthy**
- **Punctuality**
- **Can adapt**
- **Full training will be given with the opportunity to go on various courses**

