



# Support Planning for Life



Preparation for Adulthood,  
through transition and  
beyond



## Good things happen when friends get together.....

If you get a group of people together who care about you and know you well, then good things can happen. Use this opportunity to spend some time and think about:

- What are your likes and dislikes
- What and who are important to you
- Who would you like to help you live a good life
- What does your week look like now and what will it look like if you could do the things you have always wanted to do eg; jobs, courses, going out with friends, keeping fit and healthy
- What is going well and what do you need to change for you to have a good life
- New Places and things to do....where would you like to go and visit, try out to see if you like it
- How much will it cost so you can plan for a personal budget

Have a go for yourself... You can use these pages or you can use big sheets of paper, make a story board with photos, use wallpaper - Whatever works for you.

**This is your plan to make and change as your life changes**



Helping Parent/Carers to prepare for  
a good life, gain confidence, have  
choice and control to make informed  
decisions



### Where do I Start?

Transition - Leaving school or college and moving into adult's services can be very worrying and stressful. It may feel like you are starting all over again, but you are not. You are the expert and now have 18+ years of experience of caring for your son or daughter. You may feel like you don't know where to begin, let alone plan! So...

### Here's a tip for parents/carers.....

Start with you. What do you do now while the person you care for is at school or college? What would you like to do in the future? Do you want to get a job, study, volunteer? Do you work or study or volunteer already and you want to continue doing this? There may be other reasons, but whatever they are, when the one you care for is no longer going to school or college, then someone or something needs to be in place to ensure that they are supported to do things and go places so you too can live your life.

When you are staring at the pages in the toolkit and not knowing where to begin.... try looking at it from your perspective.

Once you have completed the 'Week Day Routine' and the 'Week-End Routine', look at it and look at the things that you are currently

doing in your caring role. Take them away and you will then have an outline of what the needs are of the person you are caring for.

This will begin to help you think about where and who may be able to provide a service or where a Personal Assistant may be able to help in the first steps to your son or daughter leading a more independent life and move into adulthood.

### **Other Questions for you?**

- Are you registered with your GP as a Carer? You have rights as a Carer. If the person you care for is over the age of 18, then you are a carer.
- Do you have an emergency plan? What happens to the person you care for if you are ill or in hospital?
- Have you had a Carers Assessment? You are entitled to an assessment of your needs as a Carer.

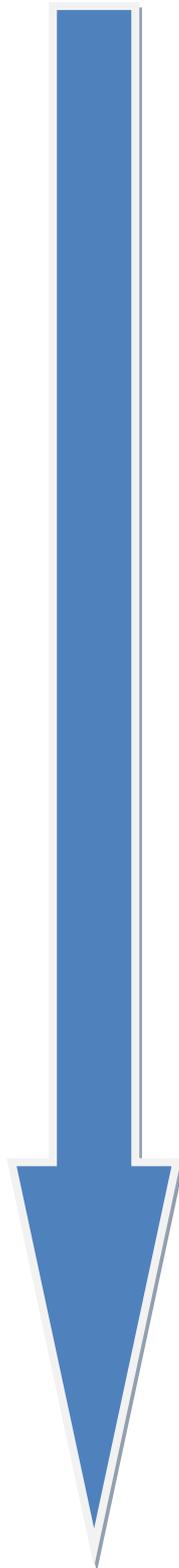
It's easy to find out. Bradford has an Integrated Carers Service based in Shipley. They are 'Carers Resource' and can help you with advice, support, information and training. Telephone 01274 449660. It's free.

### **But I don't have a Social Worker ....**

You can contact Access Point and request an assessment of need for your son or daughter as they are in Transition and leaving school. Telephone Access Point on (01274) 435400. However, the school or college should have made a referral.

**Have a go yourself.....**

Think about all areas of your life.....People, things, activities,  
places, hobbies





**My Week day Routine :** Everything that needs to happen from the time I get up to the time I go to bed

Example: 8 am  I wake up  
..... What happens next?

It is important for people who will be working with you to know what needs to happen, so they can help you in the best way they can.



**My Weekend Routine** : Everything that needs to happen from the time I get up to the time I go to bed, when I am not in college, school or services

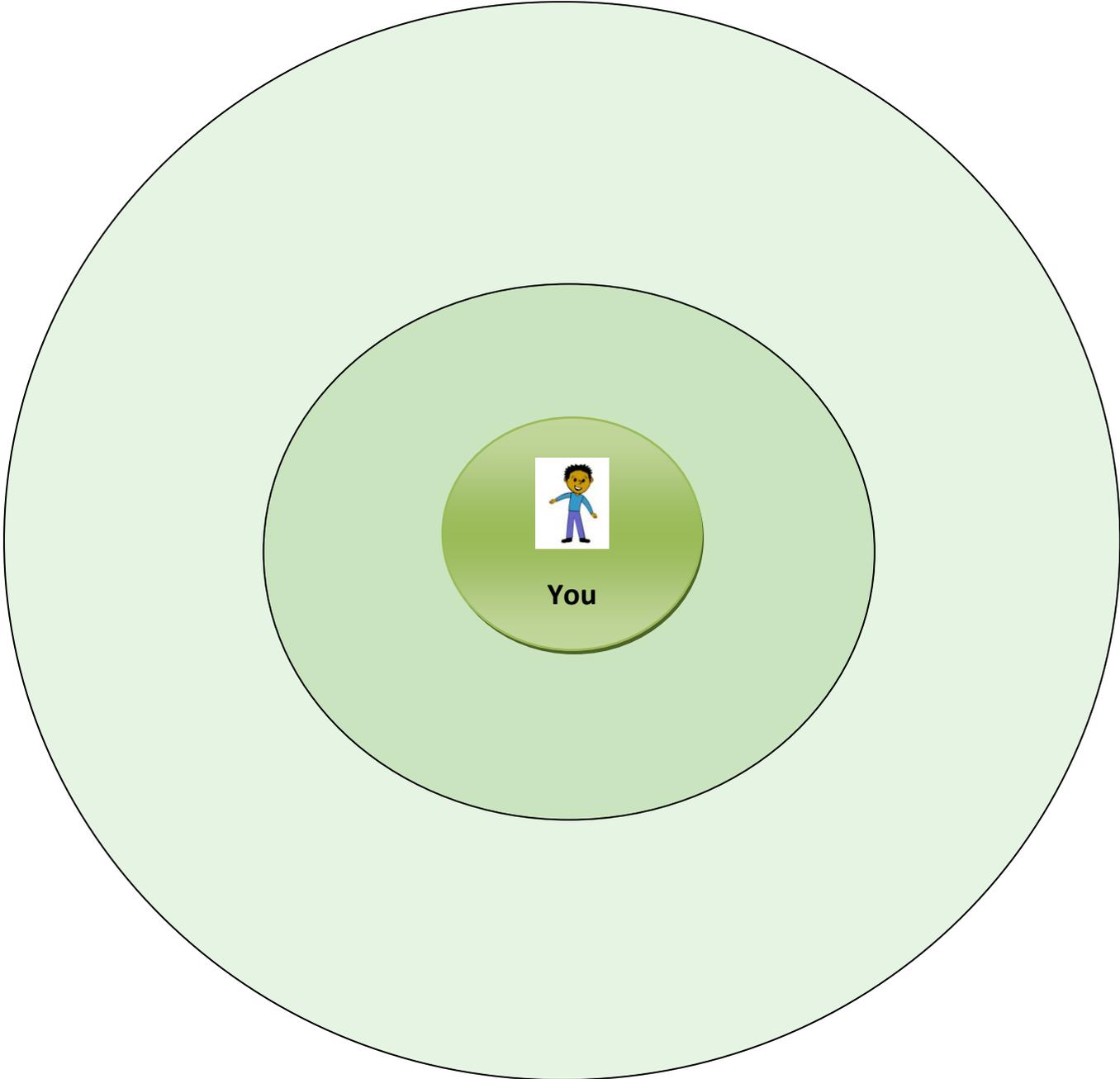
Example: 9 am  I wake up

..... What happens next?

It is important for people who will be working with you to know what needs to happen, so they can help you in the best way they can.

Important  
Message

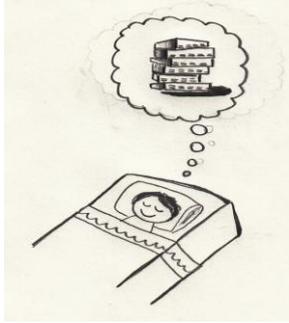
**Circle of Support**  
Who is really important to you, friends, family, pets?  
Who is prepared or able to support you to live your life?





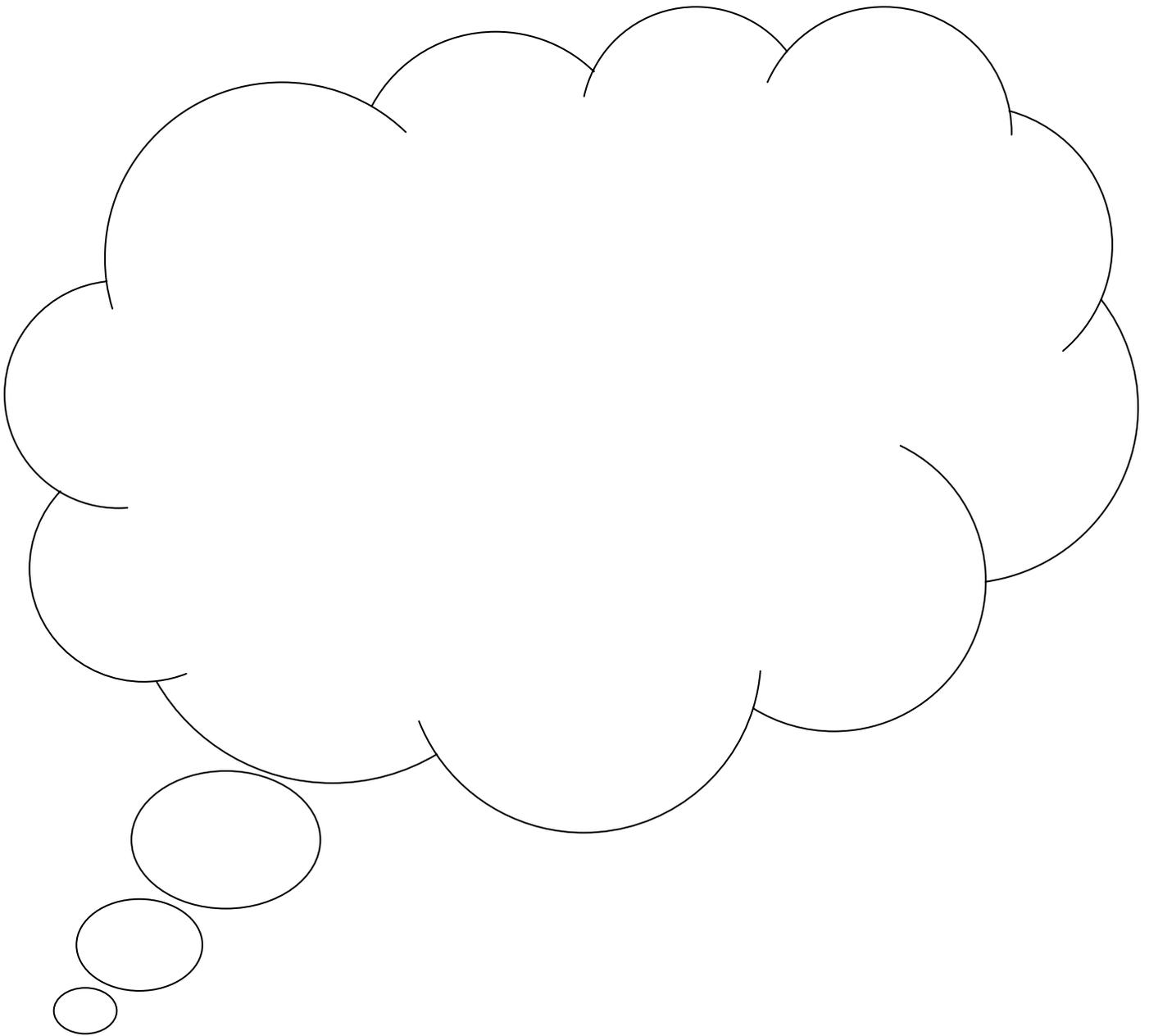
The People: What, Where, How, Why? In what way will this make life good for you?.....

What?	Where?	How?	Why?



When I leave school I want to .....

What are your dreams and aspirations





# Weekly Planner

**Good Tip** : Complete one weekly planner to show everything you do now during the week and the weekend, include school and social activities.

Then complete the second weekly planner but take out school and the things which you may not be able to do because these things stop at a certain age eg; a youth club which stops at age 18

Now you can see just what you may need to plan for and when .....

Don't be put off by this.... Planning a good life is an exciting opportunity. There are many new experiences for you to try but it needs you to help to do it. Other people can help you.

## **Thinking Point:**

When you leave school and start your life as an adult, there is no 6 weeks holiday period. You leave school and your new services and life need to be ready to start the very next day.

DAY	MORNING	AFTERNOON	EVENING/NIGHT
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEK PLANNER

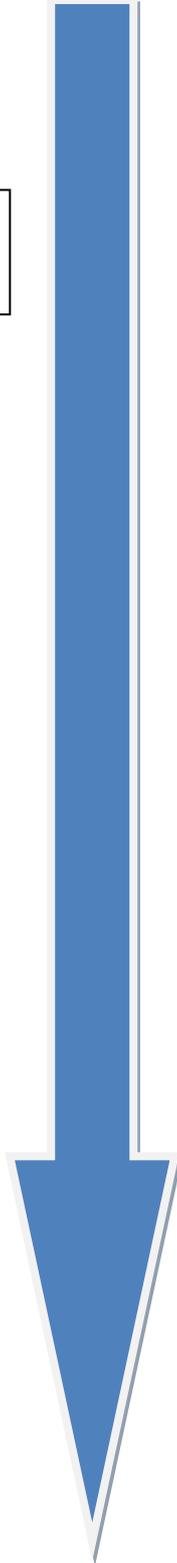
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What's working well ?



What's not working well?



**What do you want or need to change about your life**



## My New Life

**Where do I want to go and what do I want to do**

**What would you like to do**

**Where should I visit?**

Example:



Cooking

Services which do catering

It is important to go and visit different places, to see if you would like to go and if they can meet your needs. You can do this with your family or with a group of people. It gives service providers the chance to get to know you too and helps them to plan their services better. You can then show this to your social worker and they can help you to make this happen.

## My Record of the places I have visited

What is it called?

Like



Don't Like **X**

How much does it cost?

Use this information to work out how much it may cost for a week. This will help when you are putting together your support plan for your personal budget with your social worker.



**Planning how to spend my budget**

My Personal Budget is : £

<b>Where</b>	<b>What</b>	<b>Who</b>	<b>Cost £ Hours and Rate</b>



**Planning how to spend my budget**

My Personal Budget is : £

<b>Where</b>	<b>What</b>	<b>Who</b>	<b>Cost £ Hours and Rate</b>

