


My Support Plan

My Name:	Mrs Jane Smith
Where I live: (Town or Village only)	Average Town
My DOB:	01 January 1952
A picture of me: (Optional)	
Words people would use to describe me:	Caring Thoughtful Open minded A real 'family person'
Background information about my disability e.g. 1. Type of disability 2. When I was diagnosed 3. Details about my condition and prognosis	<ul style="list-style-type: none"> • I have secondary progressive MS (SPMS). I was originally diagnosed in 1993 • I have visual symptoms as a result of my MS • I am a full time wheelchair user and have an electric wheelchair which is able to raise, tilt and lower backwards. I need physical assistance from another person to transfer and to manage personal care • I need the help of another person with most aspects of daily living tasks

<u>My life now</u>	
<p>The impact my disability has on me (what my disability prevents me from doing for myself)</p>	<ul style="list-style-type: none"> • I need physical assistance from another person to complete most personal care functions and daily living tasks • I am unable to work in paid employment due to my MS but I volunteer • I occasionally need the support of others to adjust my posture • I need the support of paid carers to lead the life I want to live. I will not accept the support of people that I do not trust and know well • I like to spend time alone, however this has to be limited to ensure my safety and my needs are met • I need support with household tasks like laundry, changing bed (day and night) preparing and cooking of all meals and some drinks (hot), housework and food shopping • I need support with all toileting needs to ensure I am safe and well, this is at home and in the community. This is for transfers, physical help and assistance with clothing • I need physical assistance getting in and out of bed as I am unable to move or lift my own legs
<p>My current situation</p>	<ul style="list-style-type: none"> • I live in my own home (an adapted and physically accessible bungalow) • I volunteer for a local charity in the evenings from home • I attend an MS therapy centre roughly once a week • I spend time with my family • I get unpaid support from some members of my family. However, I do not really like them to be the ones who solely provide me with personal care and like the balance of paid carers and family support

<p>How I would describe my life at the moment:</p>	<ul style="list-style-type: none"> • Life can be hard at times as my MS is progressing (slowly but surely), however I am a positive person and with the help of others (both unpaid and paid) I am living the best life I can
<p><u>What is Important to Me</u></p>	
<p>e.g. *What makes me happy? *What do I enjoy doing? *What matters most to me?</p>	<ul style="list-style-type: none"> • My family is very important to me, looking after my grandchildren every week is very important to me - with the help of a personal assistant (PA) • Remaining in my own home is very important to me • It is important to me to be treated with respect and dignity • It is important to me to know and trust my PAs and the people who provide my care • My volunteering role is important to me and gives me a meaningful activity to do each week • It is important to me to lead a 'normal' life and have late nights and not go to bed too early when I choose
<p><u>What is Important for Me</u></p>	
<p>e.g. *What do people need to do to keep me safe? *What do I need on a daily basis</p>	<ul style="list-style-type: none"> • It is important for me to be cared for well and to eat regularly and healthily • It is important for me for my house to be regularly cleaned and clear of any obstructions • It is important for me to have the support of a PA when I need it. This will keep me safe and well • It is important to me to not be alone for too long as I could be at risk when left alone for long periods

<u>My Support Network</u>	
Family: (Names)	George - Son Jenny - Daughter Sheila - Daughter John - Grandchild David - Grandchild
Friends: (Names)	Mary (ex-colleague and very old friend) who lives locally Jean (old friend)
Natural Support: e.g. tasks my family, friends, neighbours help me with	Son Daughter Daughter My family provide me with a lot of support, including physical assistance and help with 'life admin'. Most of my children live within an hour's drive of my home (some closer). My family has mostly 'flown the nest'. One of my daughters is currently living with me, how long term this will be is yet to be seen.
Formal Support: e.g. Any paid support I currently have	I currently have two PAs working for me. One for 14 hours a week and the other for 19 hours a week.
Clubs and/or activities I currently go to:	I attend an MS therapy centre on a weekly basis. I pay £30 a month which allows me to attend any day I feel able to do so. This is planned in advance.

<u>What I want to stay the same and why</u>	
<p>e.g. Where I live, who supports me, what I do, where I go etc</p>	<ul style="list-style-type: none"> • My home is my own and is adapted to meet my needs including doors wide enough for my chair and a wet room big enough for me and another person. I want to remain in my own home • I want to keep using the support of the PAs I have • I want to keep going to the MS therapy centre with the support of PAs as it is important to me to maintain my ability and use the specialised neurological rehabilitation exercise equipment. I feel this is preventing my needs from getting worse and maintaining my level of ability • I want to carry on looking after my grandchildren for an afternoon every week. I do this with the support of one of my PAs • I like my late nights and want my family to continue to help with my bedtime preparation
<u>What I want to change –and how I am going to achieve this</u>	
<p>Where and how I live: e.g. moving or adaptations around the house</p>	<p>One of my PAs was poorly earlier in the year, and this left a ‘gap’ in my care. My family stepped in to fill that gap. I could have an agency carer in place to help as a contingency if this happened again, but I would have to know them well to trust them, so I will ask my family if they would continue to be my contingency.</p>
<p>Home life:</p>	<p>I am able to spend some very small amounts of time on my own (without PAs and family around) and I do have concerns over what life will be like when my family leave my home (again), but there are no immediate plans for anyone to be going anywhere. I need to ensure this is discussed regularly with my family.</p>
<p>How I spend my time:</p>	<p>I would like to spend more time doing exercises and maintaining my level of ability. My PAs can help, as can my family. The</p>

	exercises will be given to me by my coach at the MS therapy centre or my NHS physiotherapist.
My health:	I wish to continue to spend time at the MS therapy centre and will join in with group activities, as well as my individual personal programme. This will allow me to work on maintaining my ability and hopefully prevent further needs from developing.
Social life:	Although my family is important to me, I do keep in contact with my old friends with the support of my PAs. I see and meet with other people with MS at the MS therapy centre, this is important to me.
Learning:	I do not have any educational goals at the moment.
Work:	I volunteer for a local charity in the evenings, I do this remotely from home and really enjoy my role. It gives me a meaningful activity and is something I manage well.

<u>Time Table of Support (example week)</u>	
<u>Day and duration of support</u>	<u>Details of the support required during these times</u>
Monday	<p>I need PA support for 1.5 hours each morning for personal care, meal preparation and household tasks</p> <p>1.5 PA hours to support me to go food shopping</p> <p>1 hour PA support for lunch and personal care</p> <p>1.5 hours PA support for night time support (personal care and bedtime preparation)</p> <p>Family help me into bed when I am ready</p>
Tuesday	<p>I need PA support for 1.5 hours each morning for personal care and meal preparation</p> <p>1 hour PA support for lunch and personal care</p> <p>1.5 hours PA support for night time support (personal care and bed time preparation including physio stretches)</p> <p>Family help me into bed when I am ready</p>
Wednesday	<p>I need PA support for 1.5 hours each morning for personal care, meal preparation and household tasks</p> <p>4 x PA hours to support me to attend MS therapy centre</p> <p>1.5 hours PA support for night time support (personal care and bed time preparation)</p> <p>Family help me into bed when I am ready</p>
Thursday	<p>I need PA support for 1.5 hours each morning for personal care and meal preparation</p> <p>4 x PA hours to support me to look after grandchildren including lunch and household tasks.</p> <p>1.5 hours PA support for night time support (personal care and bed time preparation including physio stretches)</p> <p>Family help me into bed when I am ready</p>
Friday	<p>I need PA support for 1.5 hours each morning for personal care and meal preparation</p> <p>2 hour PA support for lunch and personal care and household tasks e.g. cleaning</p> <p>1.5 hours PA support for night time support (meal, personal care and bed time preparation)</p> <p>Family help me into bed when I am ready (I like my late nights!)</p>

Saturday	I need PA support for 1.5 hours each morning for personal care and meal preparation 1.5 hour PA support for lunch and personal care 1.5 hours PA support for night time support (personal care and bed time preparation) Family help me into bed when I am ready	
Sunday	Family provide me with support and personal care	
Total hours of support required = 33		
<u>Cost of Support</u>		
<u>Description of Support</u> <u>(e.g. PA Support, transport costs, cost of a course or club etc)</u>	<u>Costings</u>	<u>Total</u> <u>(annual cost)</u>
P.A support (gross wages)	33 hours per week at £9 per hour = £297 per week	£15,444 per year
Employers National Insurance	£19.46 weekly cost x 52 = £1,011.82	£1011.82
MS therapy centre	Cost is £30 per month x 12 months	£360
Associated costs:	Liability insurance: £140 per year Centre for Independent Living (payroll etc.) £14.40 a week x 52 = £748.80 Account charge £3.00 x 52 =£156	£140 £748.80 £156
Contingency monies and employer costs	Contingency to set aside for potential future employment costs (such as redundancy, advertising etc.) £15 per week x 52 weeks =£780	£780

<p>Natural Support (Support family and friends are willing to provide free of charge)</p>	<p>My family help me at all times that a PA is not available to me.</p>	
<p>Contingency (What I would do in an emergency/change of circumstance)</p>	<p>I will get support from family members and my informal circle of support in the case that my PAs are unavailable. If there are long term issues I will look into temporary care agency support.</p>	
<p>Total amount of support per year</p>	<p>Total cost is: £18,640.62 Weekly cost of: £358.47</p>	
<p><u>Who I would like to provide my support</u></p>		
<p>Qualities required:</p>	<p>I have two PAs that I have employed via my direct payment. I would not like this to change. I need my PAs to be female (due to personal care), I want them to be fun but quiet, caring, supportive and confident (but not controlling) and able to be flexible in the hours they support me.</p>	
<p>Training required:</p>	<p>It is important to me that the PAs have the right values and attitude to disability. I need my PAs to have moving and handling and food hygiene training and I will train them myself around supporting me with the rest of the aspects of my life.</p>	
<p>PA's or Agency to provide Support?</p>	<p>PA support at £9 per hour</p>	

<u>How I will manage my Personal Budget</u>	
<p>e.g. I would like to manage the budget myself</p> <p>I would like another organisation to manage my budget</p>	<p>I do not want to wholly manage the personal budget myself and will use the local 'payroll service' to hold and manage the budget, including all payroll and PAYE issues. I understand and have planned for the costs needed for this.</p> <p>I am happy to manage my staff myself.</p>
<u>Authorisation</u>	
<p>I give consent for this information to be shared with necessary partners.</p> <p>Date: _____</p> <p>Full name: _____</p> <p>Signed: _____</p> <p>Relationship: _____</p> <p>(If signatory is not the person named in the support plan)</p> <p>I give full consent and permission for photographs of myself to be used in this support plan. I give consent for this information to be shared with necessary partners.</p>	

Example

Date: _____

Full name: _____

Signed: _____

Relationship: _____

(If signatory is not the person named in the support plan)