

Support Plan:

Who is writing this plan?

I am writing my plan with support from an adviser at Equal Lives.

About Me

I live on my own. I have a Son who lives in London and a daughter and Granddaughter in Norwich.

What is important to me? / What is working in my life?

My main interest is being outdoors. Years ago I used to be a gardener and I still really enjoy spending time in the garden particularly now I have some raised beds. I also like going to places such as Fairhaven and Welney Wetland reserve because my other passion is birds.

Eating healthily is also important to me. I grow some of my own vegetables or buy organic produce and my PA helps me to prepare and cook meals. We usually spend one day per week preparing and freezing portions so I can easily access a healthy meal.

This PA works for me on a self-employed basis and as well as food preparation she also spends a day cleaning the house for me. This is working really well and I would like to continue using her services.

I have recently employed a PA directly works 7 flexible hours per week. She supports me mainly with social activities but is happy to support me around the home as well. (Most of the time I can get up and showered and dressed but if I am unwell occasionally I will need some help). She comes swimming and shopping with me and on longer day trips out. I am getting on really well with her and I would like her to take on my gardening as she is also an outdoors person and I would like to do some gardening with her when the weather permits.

I am managing with laundry at the moment as both my PA's help out. I may think about offering extra hours to one of them in the future if I feel I need more consistent support with this.

It is really important to me to have several breaks away throughout the year. I have a friend in the village who has similar interests to me and we have been away together before. It suits us both because she pays for herself and treats it as respite from her own busy life but she also provides me with company and support. I need breaks away from my normal routine because I barely leave the village. A break is good for my mental wellbeing and gives me the opportunity to pursue my outdoor interests.

I use the pendant alarm service through Flagship Housing so that if I fall or experience difficulty I can be connected to the operator who could call the emergency services if necessary.

What is not working in my life?

I was lucky enough to have my old PA working for me for 10 years. Unfortunately she had to retire and although we are still in touch I do miss her working for me and I am only just getting used to how things have changed. Hopefully things will feel more settled once my new personal budget is in place and my employed PA's hours have increased.

I have a mobility car and I drive short distances but I am finding it increasingly difficult to go on longer journeys. There is only one bus per day from the village and it has no disabled access.

I have a daughter and granddaughter in Norwich who I do not see very often as my daughter does not drive either.

What are my intended goals/outcomes?

I would like to increase the hours of the PA I employ directly to 10 per week so that she can take on my gardening.

I would like to go on more day trips to nature reserves and gardens with her because I can insure her to drive my mobility car. I would also like to visit my granddaughter more often because I would love to take her to a flood lit bird night feed.

I would like to have a few breaks away during the year to places of interest with my friend from the village.

What will I spend my budget on?

Self-employed PA – Food preparation/domestic support

8 hours per week

(Paid 4 weekly to Equal Lives)

PA Support – supported activities/gardening

10 hours per week

(Paid 4 weekly to Equal Lives)

Social Activities - including swimming and entry to places of interest

(Paid 4 weekly in to my self-managed account)

Travel Expenses – including train fares & fuel

(Paid 4 weekly in to my self-managed account)

Breaks away – 3 four day breaks

(Paid to my self-managed account on request)

Employers & Public Liability Insurance

(Lump sum paid to Equal lives)

Railcard – to enable me to get discounted fares

(Lump sum paid to my self-managed account)

Leisure Pass – to enable me to access the swimming pool and other activities

(Lump sum paid to my self-managed account)

Pendant Alarm Service - I have a pendant alarm through Flagship Housing.

(Lump sum paid to my self-managed account)

Equal Lives Supported Account Service

(Lump sum paid to Equal Lives)

Equal Lives Payroll Service

(Lump sum paid to Equal Lives)

Contingency

I would like to put the rest of my budget in a contingency fund in case I need extra support throughout the year. I feel as though I may need extra support in the future and may think about offering extra hours to one of my PA's. There may also be times when one of my PA's is on holiday or not available and I have to rely on agency support. One of my goals is to see my granddaughter more often so I may need more PA support to enable me to drive to Norwich. I may also find that I require a laundry and ironing service in the coming months.

If I have to advertise for another PA I can use the contingency to cover advertising costs.

(I will need to contact the Direct Payments Team on 01603 638170 to access this fund).

How I will receive and manage my budget?

I will continue to use my own self-managed account to receive some of my personal budget funds. I am aware I will need to continue sending regular monitoring statements to the Direct Payments Team along with receipts for purchases of £50 or more.

I will also be using Equal Lives Supported Account and payroll service and they will support me to manage paying my PA's.

How I will review my plan?

My plan will be reviewed after 10 months and I am aware I can ask for a reassessment at any time if I feel my needs have increased or my circumstances have changed.

Keeping Yourself Safe

Life is full of risks. We all understand this.

Your support plan is about how this is managed. You will need to work out what could go wrong and what can be done about it. You and your assessor will need to agree a level of risk that is acceptable to both of you.

Some things to think about:

- Who would you speak to if you were being abused in any way?
- Could any planned activities perhaps result in an increased risk for you?
- Are you sure that you will be able to spend your Personal Budget as agreed in the support plan?
- Are there any signs to show you or other people that things might be going wrong?
- Does the support plan show details about how you will keep yours family safe including the health and wellbeing of your children?
- Who will you contact if you are worried that things might be going wrong?
- Does the support plan include employing anyone? Have you had advice from Independent Living Norfolk?
- What if the unexpected happens, for example your personal assistant or main carer becomes ill?
- How much money do you feel comfortable managing in one go?

Have you had a copy of the leaflet **Safeguarding Adults?**

“What to do if you think a person is being abused, harmed, threatened.”

What could go wrong?	What can be done about it?
I may fall and need help.	I pay for the pendant alarm service and I always have the emergency pendant on my person.
I am struggling to drive longer distances now.	I can insure another person on my mobility vehicle and can easily change it over depending on who is driving me.
I may need employment support.	I can contact the Information & Advice Service at Equal Lives on 01508 491210 and they will be able to signpost or make a referral to the HR & Employment Team if I want to purchase one of their services.
I need back up support because Megan and Diane are sick or on holiday.	I will contact the agency I have used before in this instance for some

<p>My needs may increase and I need more support.</p> <p>I need to recruit another PA.</p>	<p>temporary back up support.</p> <p>I have a big contingency which I can access if my needs change. I could offer more hours to my PA or take on another PA.</p> <p>I can purchase the Equal Lives recruitment package and have dedicated one-to-one support with an adviser. I can use my contingency to pay for this and the advertising costs.</p>
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Personal Budget Recipient:

Dated: _____

Care Manager/Co-coordinator

Dated: _____