

LP

My Support Plan

Who is writing this plan?

Myself, together Jane from Equal Lives.

About Me

In 1973, as a young child I was involved in an accident with a motor cycle, resulting in a severe head injury which also caused me to suffer a stroke. I was in a coma for 6 weeks and couldn't walk for 5 years. Everyday is a challenge; I have wrist spasms, pain in my joints, short term memory loss and weakness on my right side. I struggle with organisational skills and take antidepressants, but feel I'm losing power and confidence in myself. This is something I feel will stay with me for life.

In July last year, I was involved in a riding accident whilst out with my horse 'P'. 'P' was hit by a lorry and whilst trying to hold on, I broke my clavicle. Luckily 'P' was unhurt, although she is now very anxious as a result of this. I was hoping to train 'P' so that she would be able to take part in carriage driving with the disabled, but due to her nervous nature she would now be unsafe.

What is important to me?

My children, 'M' who is 16, and 'C' who's 11. I also love my animals. I have 2 dogs called 'J' and 'D', 3 cats and 'P' my horse.

What is working in my life?

Companionship from my animals, I love them and I love being outdoors away from the house. I enjoy taking the dogs for a walk twice a day and I go to see 'P' every day to feed her on the marsh land. She will soon be moving into paddocks for the winter. I'm the happiest person with them and they used to be a financial burden on me, but with the support from my PA 'C', although money is still very limited, I have learnt to budget better.

The support I receive from 'C' is invaluable to me as the other support I was receiving has now stopped. 'V' from Stonham was my support worker and she was brilliant, but I don't receive this service anymore, so I rely on 'C' more since this stopped. 'C' is a cook at a local residential home. She helps me budget, with recipes and to cook healthy and nutritious meals for myself and 'M'. 3 years ago it was a struggle for me to maintain my home and I had forgotten how to cook, but with 'C's support, I overcame this and now feel happier about cooking and keeping my home in order.

I pop round 'C's twice a day to walk her dog, when I take mine out. 'C' has become a really good friend to me and teaches me to cook and prepare healthy meals. She also supported me when I recently came home from hospital following surgery to repair my clavicle.

I have support from 'M' who is my mental health advocate, although this is sporadic. 'M' was supporting me at court whilst was fighting for custody of 'C', but since then I haven't seen her much. 'M' should hopefully be visiting me next week to support me with my ESA application as I really struggle with paperwork.

'M' is doing much better at school now, although he still suffers from stress headaches at times. He recently went to a mock interview at school and had to be well-groomed for the occasion. He looked so smart and I was really proud of him.

What is not working in my life?

I don't see 'C' very much at all which breaks my heart. 3 years ago, children's services removed 'M' and 'C' from my care. They initially stayed with my Mum, but she could only manage for a short period of time, and then they moved to stay with their respective Dad's. 'M' was able to come home after a few months, but 'C' still lives with her Dad in 'C'. I am supposed to see her every 2 weeks, but her Dad rarely allows this and he won't even let me call or text her. We are also meant to have joint access during the school holidays, but this never happens and I haven't had any contact for over 3 weeks now.

My finances. Although I am now better at budgeting following 'C's support, I still struggle to be able to afford things. I have gone from owning my own home, to privately renting, to living as I do now in a housing association property. The introduction of the bedroom tax has been a real financial burden for me. As 'C' lives with her Dad, the bedroom I see as hers, is now classed as empty and I have to pay extra as a result of this. This impacts directly on other bills and I have had to cut down on food shopping and rarely have the heating on as I can't afford to fill the oil tank. We have spent the last two winters without heating for the majority of the time and only I turn it on when 'C' stays over. I am so worried about further bedroom tax if 'M' goes to university as it is a struggle to pay for 'C's room already. 'M' also needs more things as he gets older which are really hard to afford. I am still waiting for the Citizens Advice Bureau to help me to produce a debt plan. This has been ongoing for several years and I just don't feel like I am progressing with it at all.

I am worried about being assessed as fit for work. Due to my long term depression and the physical disabilities I have, I am not sure what I would be able to do. I have lost jobs in the past due to my short term memory. I enjoyed being in the caring profession, but I am unsure if my physical capabilities would allow this.

I can manage most domestic tasks, although I still struggle with meal preparation due to the strength in my hands. 'C's support with the more difficult tasks has helped immensely.

I don't have any family support and I haven't spoken to my Mum for 3 years. I have one sister who lives in 'D' and one in 'N', but I have very little contact with either of them.

Having a short break with the children was lovely, but I found it hard to afford food while we were away, as I still had to pay for the bills at home. Although I had some funds for the children to take part in activities while we were away, we spent most of the time in the caravan. I would love to take the children abroad, but I doubt that 'C's Dad would allow me to do this.

I would like to be able to explore the options of voluntary work opportunities with support from 'C'. I find it difficult to work with people as they are quick to judge and they don't realise the battles I am facing on a daily basis.

What are my intended goals/outcomes?

To receive some support from the Citizens Advice Bureau to help me to produce debt plan, as I would like to struggle less financially.

I would like to continue to employ 'C' as my personal assistant to help motivate me to organise and manage my life and my family (to include ongoing cooking, paperwork, medication). To support me to continue to build a routine into my life. 'C' may be retiring in April, but I am hoping that she will still be able to carry on working for me. I am a very private person and wouldn't feel happy about receiving support from someone unfamiliar to me.

To have a break away with the children, to enable us to spend some quality time together with nothing around us – away from the daily stuff and worries.

What I will spend my budget on?

I will continue to employ a Personal Assistant, but would like to increase the hours if possible as it would be beneficial for me to have some extra support with managing my home, further improve my cooking skills and exploring voluntary opportunities.

8 hours per week at £ per hour including on costs at 10%. £ per hour to be paid to my PA = £ per week. I have left a minimal amount for employment costs as my employee will not be paid double on a bank holiday and if she is off sick or on holiday in short term, I will manage without support.

£ per annum. 4 weekly to be paid to my Equal Lives account.

Employers Liability Insurance

£ per annum. Lump sum to be paid to my Equal Lives account.

I would like to continue with the massages I have been having as this promotes both physical and mental wellbeing.

£ per fortnight.

£ per annum. 4 weekly to be paid to my Equal Lives account.

Short Break - to allow me to spend some family time with the children away from the stresses of everyday living.

£ per annum. Lump Sum to be paid to my Equal Lives account.

Travel expenses to allow me to drop off and collect 'C' once every 2 weeks. I also need to use the car to carry out everyday tasks for Matt. £ per week.

£ per annum. 4 weekly to be paid to my Equal Lives account.

Car repairs – My car is desperately in need of a new clutch, which I simply cannot afford. Without my own transport, I would be unable to get out and about. 'C' doesn't drive herself, so she would be unable to support in this way and I have no family or other friends to call on for support. I would also be unable to collect 'C' and I couldn't take 'M' to appointments, shop for food or explore voluntary opportunities as we live in quite an isolated location.

£ per annum. Lump Sum to be paid to my Equal Lives account.

New Oven – My oven thermostat has broken and this means that everything burns whatever temperature I set it to. Learning to cook healthy meals for myself and the children has been really important to me and this is something I have been improving on all the time.

£ per annum. Lump Sum to be paid to my Equal Lives account.

I would like to continue to use Equal Lives for my supported account and payroll services as I feel unable to manage this myself.

Supported Account - £ per week.

Payroll - £ per week.

£ per annum. Lump Sum to be paid to my Equal Lives account.

Contingency - £

I may need to access my contingency upon agreement with my care assessor.

How I will receive and manage my budget?

I would like Equal Lives to continue to provide me with a supported account and payroll service to help me manage my budget.

How I will review my plan?

My Personal Budget will be reviewed with me by my care assessor within the first three months and again after ten months. If my needs change in the meantime or there is a change in my circumstances, I will ask for a review.

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 care manager/coordinator 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?
- 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 'Protecting Vulnerable Adults'?

Yes

No

What could go wrong?	What can be done about it?
PA could be off sick unexpectedly.	As long as the PA lets me know, I will be able to manage. I will contact my care assessor if I need extra support.
I could get muddled with dealing with money.	Equal Lives will hold the my personal budget money for me.
I could be stolen from/abused in some way.	I would contact my care assessor.
My needs may change.	I will contact my care assessor for a review of my needs.

Personal Budget Recipient:

Dated: _____

Care Manager/Co-ordinator

Dated: _____