

This is an example of the “My Support Plan” for reference during planning meetings.

<p>My Support Plan I am John Doe and this is My Support Plan. In this is written down how I am doing, what my Wishes and Goals are, what is important for me in my life and what supports I need. Every three months we will look at how all this is doing. We means the support worker and I, together with my Personal Assistant. The name of my Personal Assistant is: Jane Doe</p> <p>Date: Nov 1, 2013</p>	<p>This is important for my life;</p> <p><u>Physical Well-Being - How I feel</u> I like foods but do not always know what is best for me. My favorite sport is soccer. I do not like exercising on my own.</p> <p><u>Material Well-Being - Having money & goods</u> I am proud to work five days per week as a shop assistant but wish it to be a paid job. Going to the beach during the summer holiday is important for me. I like buying presents for my family.</p> <p><u>Emotional Well-Being - How I feel</u> I can worry quickly and can feel unsure about myself.</p> <p><u>Personal Development - Learning new things</u> Doing courses like writing, accounting, cooking and drawing is important for me. I also like to experience all daily activities. Music making, especially drums, is what I like most.</p> <p><u>Self-Determination - Make my own choices</u> I want to be the one who makes decisions about my own life. Support me in doing that and be patient.</p> <p><u>Rights - What I am allowed to do</u> I want to know more about my rights. I want to spend my own money.</p> <p><u>Social Inclusion - Being part of the community</u> For me it is important to know my neighbors and that they know me. I also want to do my shopping as much as possible in my own neighborhood. I like to be a volunteer (I am pretty good at music).</p> <p><u>Interpersonal Relations - Family and friends</u> I love my family and want to be part of them in every occasion. I have fewer friends and find it difficult to create new friendships. Support me in creating friendships. I like the people I meet at the music group.</p>	<p>These are the supports that I need;</p> <p><u>Physical Well-Being - How I feel</u></p> <ul style="list-style-type: none"> • Support me in preparing healthy meals. • Support me in exercising (e.g. cycling, walking to the shops). <p><u>Material Well-Being - Having money & goods</u></p> <ul style="list-style-type: none"> • Support me in getting a paid job. (Especially getting paid for the job I have now). <p><u>Emotional Well-Being - How I feel</u></p> <ul style="list-style-type: none"> • Talk with me about my day in the morning and evening. • Tell me what I am good at. <p><u>Personal Development - Learning new things</u></p> <ul style="list-style-type: none"> • Give me an overview of available courses about writing, accounting, drawing, and cooking. Let me choose the course I like. • Ask me to assist you in housekeeping, cooking gardening and so on... • While assisting, explain to me what you do and tell me how I am doing. Be an example for me! <p><u>Self-Determination - Make my own choices</u></p> <ul style="list-style-type: none"> • When a choice is needed, ask me. First let me try on my own. If it is to difficult for me, then explain to me what possible options there are to choose. Be patient and only decide for me when I ask you to do so. <p><u>Rights - What I am allowed to do</u></p> <ul style="list-style-type: none"> • Support me in getting an overview of my money. • Tell me, explain to me, what my rights are. <p><u>Social Inclusion - Being part of the community</u></p> <ul style="list-style-type: none"> • Support me in becoming a member of the local soccer club. Introduce me there, especially in the beginning it is important for me that you also come to training and the first games. • Take me out. Teach me what shops there are in my neighborhood and how I get there. <p><u>Interpersonal Relations - Family and friends</u></p> <ul style="list-style-type: none"> • Create a birthday calendar for me. • Support me in sending cards for special moments. • Support me to invite people at home. 	<p>Is support given?</p> <p>PWB YES NO</p> <p>MWB YES NO</p> <p>EWB YES NO</p> <p>PD YES NO</p> <p>SD YES NO</p> <p>R YES NO</p> <p>SI YES NO</p> <p>IR YES NO</p> <p>Date 1: _____</p> <p>Is support given?</p> <p>PWB YES NO</p> <p>MWB YES NO</p> <p>EWB YES NO</p> <p>PD YES NO</p> <p>SD YES NO</p> <p>R YES NO</p> <p>SI YES NO</p> <p>IR YES NO</p> <p>Date 2: _____</p> <p>Is support given?</p> <p>PWB YES NO</p> <p>MWB YES NO</p> <p>EWB YES NO</p> <p>PD YES NO</p> <p>SD YES NO</p> <p>R YES NO</p> <p>SI YES NO</p> <p>IR YES NO</p> <p>Date 3: _____</p>
<p>These are my Wishes and Goals</p> <ol style="list-style-type: none"> 1. I wish to have more friends. (Tralee/Chrysalis) 2. I want to be a member of the local soccer team. (Tralee) 3. I wish to be taken more seriously. Therefore I want to be more able to express myself. (Tralee/Chrysalis) 4. I wish to live on my own. (Tralee) 5. I wish to have a paid job. (Chrysalis) <p>Is this improving?</p> <p>YES - NO</p> <p>Date 1: _____</p> <p>Is this improving?</p> <p>YES - NO</p> <p>Date 2: _____</p> <p>Is this improving?</p> <p>YES - NO</p> <p>Date 3: _____</p>			