

Planning my week and support

What is the tool?

This tool provides a structure for breaking down and making clear the amount of paid support and unpaid support you may need at different times of the day or week and the kind of things you may need support with.

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How can it help me with my support plan?

This tool enables you to map out your typical week with the activities that you want to do and the support that you need. You can then use it to decide how to get the support you need and think about how you want to spend your budget to achieve this.

By working out the support you need at different times of the week, the timetable will show how you spend your time, or would like to spend your time and how much support you need. This does not mean that you have to do the same thing every week - you can change what you do to ensure you get the support to do the things that give your life meaning.



How can I use this?

The timetable enables you to work out paid hours, so you know what you have to pay someone to support you. This does not mean you have to pay someone to do everything you want or need, you may be using a mix of paid support and unpaid community support. The timetable gives you an idea about the way you spend your time, or want to spend your time - and what support you are likely to need. You may discover that there is a need to recruit some new supporters to do the jobs other people in your life are unable to do. This tool helps you to think about who is the best person, or people, to do the job.

Before you start, think about:

- 1 What is important to you, your gifts and talents (about you).
- 2 What you want to change in your life (what I want to change).

- 3 Your natural supports: friends, family, neighbours and the community in which you live (what I have).
- 4 Services and resources that are reasonably available to you (what I have).
- 5 The amount of money in your budget. This is not just about your personal budget from social services, as you may be entitled to other sources of funds, such as benefits or health funding, and you may wish to add to this from your own income (what I have).

Taking this into consideration, put together a weekly timetable and:

- Think about how much you can do for yourself. If you rely on other people to do things for you that you can do for and by yourself, it could undermine your own development or restrict the types of things you want to do, because you are paying for support when you don't actually have anything for your paid supporters to do.

- Think carefully about whether you need other people around you to support you to stay safe. You and the people contributing to your plan will want to ensure you are not at risk of harm because you do not have enough support. However, you don't want to be paying for supporters to be sitting around, doing nothing, if there is no danger present from you being on your own.
- You may need help from a benefits expert, or an expert in Independent Living Funds (ILF) to work out what effect different levels of support could have on your benefits and entitlement to ILF.

If you need support during the night-time, think about:

- What support do I need or want?
- Does my supporter need to be awake throughout the night?

This will give you a framework for putting your support plan together and developing your budget.