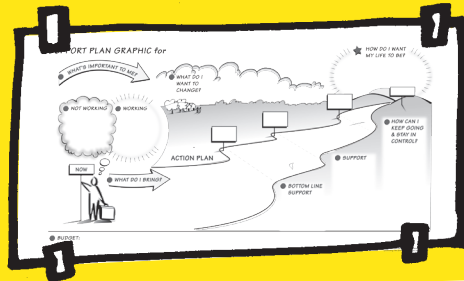


Using a poster to gather information

What is this?

One way to start your support plan is by recording your thoughts, ideas and decisions on a poster.

Some people find it useful to write their thoughts and ideas in one place, so that they can see the 'big picture.' You could then use this as part of your actual support plan, or as a way to record your thoughts before you complete your support plan.



How can it help me with my support plan?

The poster has different sections to it and you can start in any place. Many people find it helpful to start with 'working/ not working.' Here are the different sections:

- 1 What's important to me?
- 2 What's working/what is not working?
- 3 How do I want my life to be?
- 4 What do I want to change?
- 5 What do I bring?
- 6 Support.
- 7 Bottom line support.
- 8 How can I keep going and stay in control?
- 9 Action plan.



You can use this by yourself, or with friends and family. Some people use the poster in a meeting where they ask their friends and family to help them think about their support plan. It can help to have someone else facilitate this for you (for example a friend, support planner, or person centred planning facilitator).

You can also do this with other people who are also developing their support plan, over a couple of days or sessions. This process is called 'Planning Live!' and many Local Authorities and Primary Care Trusts are offering this as a way to help people develop their support plan.

You can download templates for writing/drawing your life on www.supportplanning.org on the 'resources' page.

For more information on Planning Live! go to www.supportplanning.org or contact your local Authority or Primary Care trust to see if this is available locally.