

# Writing your support plan

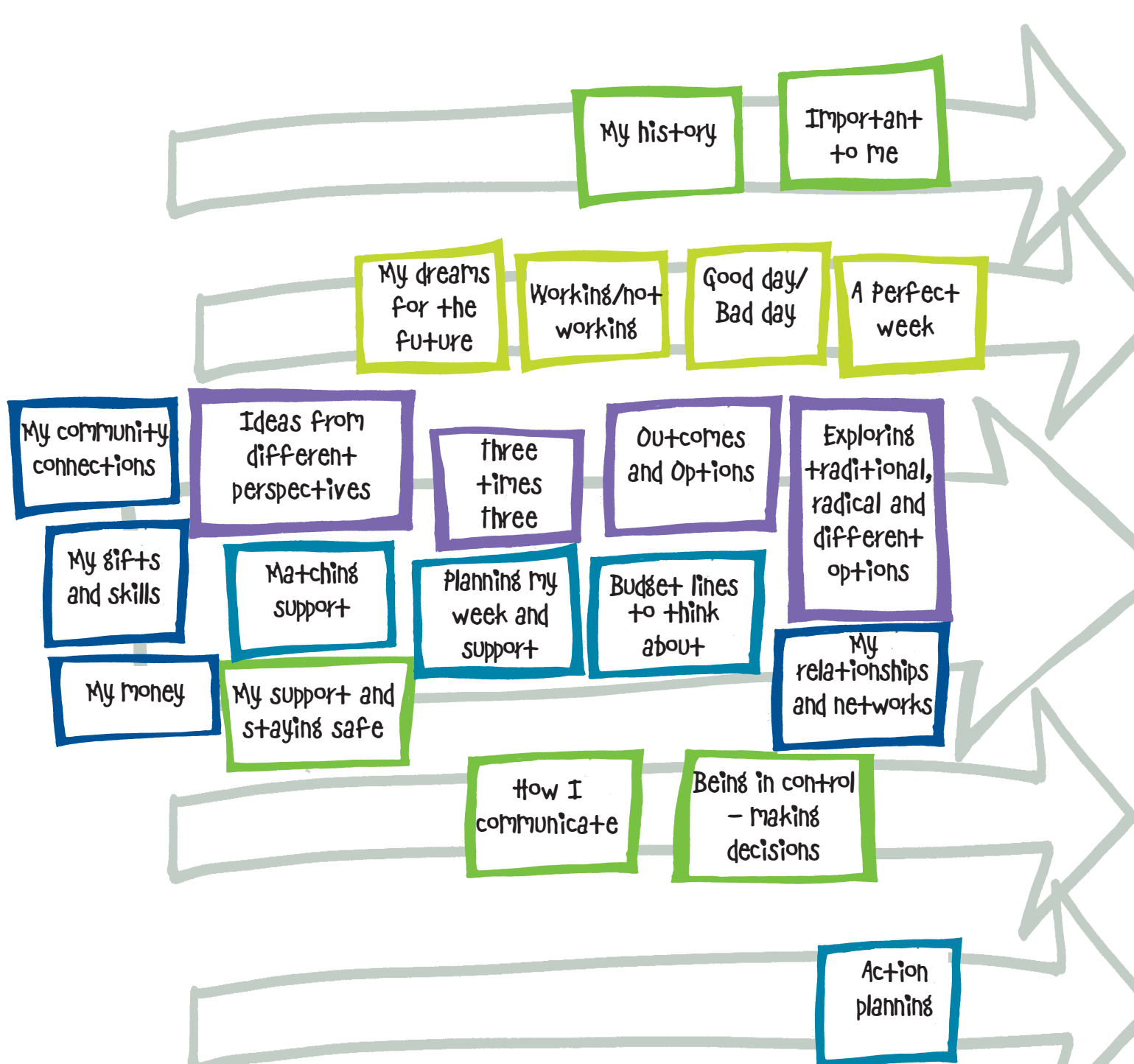
You can write or create your support plan using posters, with photos, graphics, or simply by writing your decisions onto a form. As long as your support plan meets the criteria, it doesn't matter how it is presented. At [www.supportplanning.org](http://www.supportplanning.org) you can see different examples of support plans.

Some people find it useful to write their information under each of the criteria questions, to feel confident that they are covering everything they need. If you want to do this, simply take seven sheets of paper and write the seven criteria as headings on them or download this from [www.shop4support.com](http://www.shop4support.com) or [www.supportplanning.org](http://www.supportplanning.org). As you

develop different areas of your support plan you can write them up as you go. For example you could use some of the tools in the 'About me' section and then write these under the 'What is important to me' sheet for your support plan. The picture on the back of this card shows the information from each tool can give help with each criteria.

Another approach is to collect your information and decisions as you go along and then write it up later, see the card 'Top Tips' for ideas, or on a poster (see using a poster card).

It's important to stress that a support plan is not another form to fill in. It's simply a place to record your thinking and decisions and to check that you have met the criteria. There is no 'ideal number of pages' to a support plan, it's simply about writing your information and decisions and checking that they meet the criteria.



Criteria that need to be met for your support plan to be agreed

1. What is important to you?
2. What do you want to change or achieve (your outcomes)?
3. How will you be supported?
4. How will you use your Personal Budget?
5. How will your support be managed?
6. How will you stay in control of your life?
7. What are you going to do to make this plan happen (action plan)?

