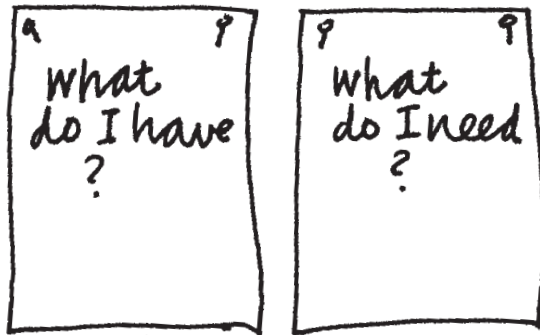


My creative options

What is the tool?

This tool helps you think creatively about things you might want to buy or arrange to achieve your goals and outcomes.



matching what
I have with
what I need

How can it help me with my support plan?

This tool will help you think 'outside the box' and not just focus on what social or health services usually provide for people. Whilst your support plan will be describing how you will be using your personal budget, it will also need to show what other supports you have to help you live your life your way. This may be about the things that your family, friends and neighbours do for you, things you are able to access in your local area or things you can do for yourself, perhaps with the aid of a piece of equipment or technology.



How can I use this?

To think about things you might need to arrange, your natural supports:

- 1 Think about what is available in your area - perhaps by doing some community mapping.
- 2 Think about who is involved in your life and what they already bring to your support - you could use the relationship circle to help with this.
- 3 Think about what gifts, skills and assets (for example a car) you have that your community, friends or neighbours might need. Sometimes we feel happier about accepting help from other people if we feel we're giving something back. Think about things like Time Banks, community groups and volunteering opportunities.

You could use this chart to help with some of this, for example:

What do I have? Skills/gifts/ assets.

- A large garden.
- Time to listen.

What do I need?

- Help to manage the garden.
- People to talk to so I feel less isolated.

How can I match the two?

I could offer my garden to local people who do not have outdoor space as a place to grow their own plants and vegetables; in return my garden would be kept neat and tidy and I would have people coming in and out of my house.

To think as widely as possible about things I might need to buy:

- 1 Find out what services are available in your area using shop4support.com, the local library or other information services.
- 2 Think about ordinary services and not just those provided by social care, such as adult education, sport and leisure centres, church and community groups.

- 3 Remember to keep in mind what it is you want to achieve by using these services - your goals and outcomes.