

My best support and staying safe

What is the tool?

This is an important tool in supporting you to think about what the best support is for you in your life and how to stay healthy and safe. It is also a simple way to think about risks and how to manage them in a way that doesn't stop you living your life the way you want to.

| | |
|-----------------------------|----------------|
| To keep me healthy and safe | |
| You need to know this... | and do this... |

How can it help me with my support plan?

This is an important tool to identify what good support looks like to you. This may include support at home, at work, in finding work, maintaining friendships, managing your health, as well as creating new social opportunities. It is impossible to live a life without risks, but it is important to think about any significant risks and to work out ways in which your support will help you manage them. When agreeing your support plan the Local Authority or Primary Care Trust will want to see that you have thought about risks and that you have clear ideas about how you'll manage them.



How can I use this?

You and people contributing to your plan can think about the people, places and activities in your life and what support you may need. Some useful questions are:

- Are there any times of the day, evening, night-time, or weekends that you would want or need support?
 - How much or little would you wish to be involved in a particular activity or task? What does the best support look like in each area/activity?
 - If you were to give someone who was going to support you some advice as to how best to support you, what would you tell them?
 - Once you are clear about the support you require, think about any risks that you may need to consider to live your life your way.
- 1 Think back to what is important to you, and the future you are working towards.

- 2 Think about anything that may reasonably be expected to happen that could be harmful to you, or things you might sometimes do that might be harmful to other people.
- 3 Think about what you can do to reduce or remove the risk -be imaginative!
- 4 Think about what the result of these solutions might be - make sure that they don't make your life worse even if they do reduce the risk.
- 5 Talk to other people who know you and get their ideas about your solutions.

- 6 Make a record on your support plan of what the risks are and how you are going to manage them.

Then describe how you are going to use your support to manage risks in a positive way.

You also need to explain why it's important for you to be supported to live with the risk if the benefit of doing so is greater than the effect of avoiding the risk altogether, and show how you'll manage such risks.

Here's an example of one way you can do this:

| To keep me healthy, safe and well | |
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| You need to know this... | ... and do this... |
| I have epilepsy which is well controlled by medication but I sometimes have seizures. I must take my medication three times a day. If I am about to have a seizure I have ringing in my ears. | <ul style="list-style-type: none">• Remind me to collect my repeat prescription at the start of every month.• When I say I have ringing in my ears take me to a safe place to sit, and protect my head with something soft. |