

My perfect week

What is the tool?

This tool is a simple way to think about how you would like your life to be in the future by thinking about what you will do during the week. This tool focuses on what is practical and possible in a perfect week.

my perfect week

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How can it help me with my support plan?

This is a way to think about how you want your life to be in the future and what you would do during the week. Your dreams for the future are a guide - they tell you what you ideally want your life to be like and reflect what really matters to you. You can use this information to inform what your perfect week would be like. However, in this tool we move to what is practical and possible, not just ideal, and this will then inform the decisions you make in your support plan. This tool is a way to link your dreams with reality. You can then make decisions about how close you can get to this perfect week in the outcomes and actions for your support plan.



How can I use this?

Walking through my perfect week

Start with a sheet of paper that has the days of the week on it and space to write in what you would do in the morning, afternoon, evening, night time and at the weekend.

Think about the first day of the week, and ask yourself:

- Ideally, what would I do in the morning?
- Where would I be? Where would I go? What would I do?
- Who would I be with?
- What support would I need? How would this be provided?

Do this for each day of the week (morning, afternoon, evening and night time) and then the weekend. Remember to keep it practical and possible. This means that you are describing what could really happen, not just what would be wonderful if only it were possible.

Make notes on the paper, then develop this into a clear description - one that is clear enough that if you gave it to someone else to read they would know exactly what you were doing, who you were with and how you would be supported.

Then look back at your resources - your money and connections, and think how you could use them to achieve this perfect week. What could your friends and family do to help you achieve this? How would you spend your money to achieve this? Who would you get or buy support from to achieve this?

This is the beginning of developing your costed support plan.

If you have already used the tool 'My dreams for the future'

Start with a sheet of paper that has the days of the week on it and space to write in what you would do in the morning, afternoon, evening, night time and weekend.

Then look back at your ideal future and think about what the themes are. Look at each theme and decide what your week would look like if you were moving towards your dreams. For example, if your dream includes having a huge garden and growing your own vegetables, ask yourself whether gardening and growing vegetables would be part of your perfect week.

You may decide that in your perfect week you would have a local council allotment that you would work on for a couple of hours at the weekend, or window boxes, and that one of the things you would do some weekends would be to visit a garden centre. Go through each part of your ideal future in this way and move from dreams to what would be practical and possible during your week. Then follow the suggestions in the earlier section.