

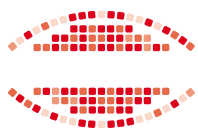
*individual budgets pilot programme* 

# Life and Support Plan

**FIRST DRAFT**

September 2006

## Publishing information



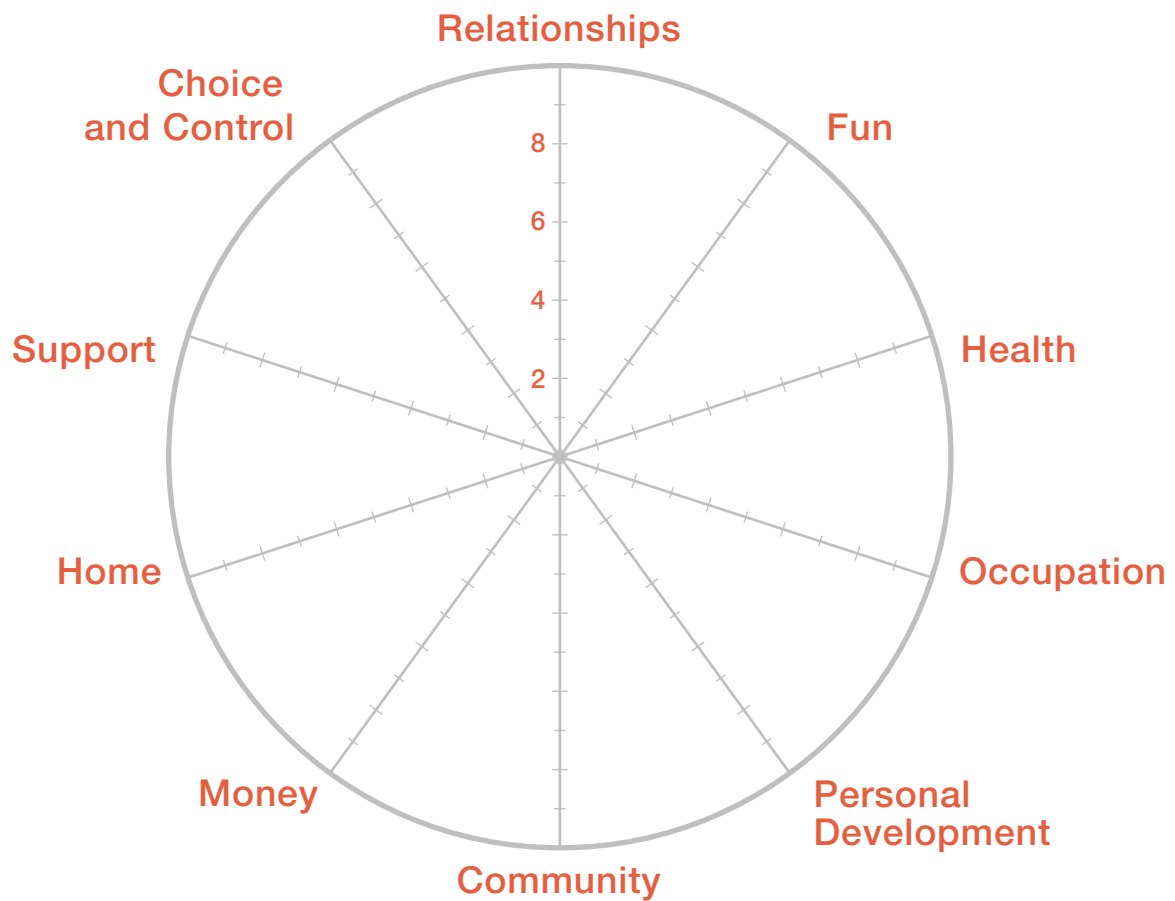
 **Control**



# About this guide

The questions are:

# 1. How satisfied are you with your life?



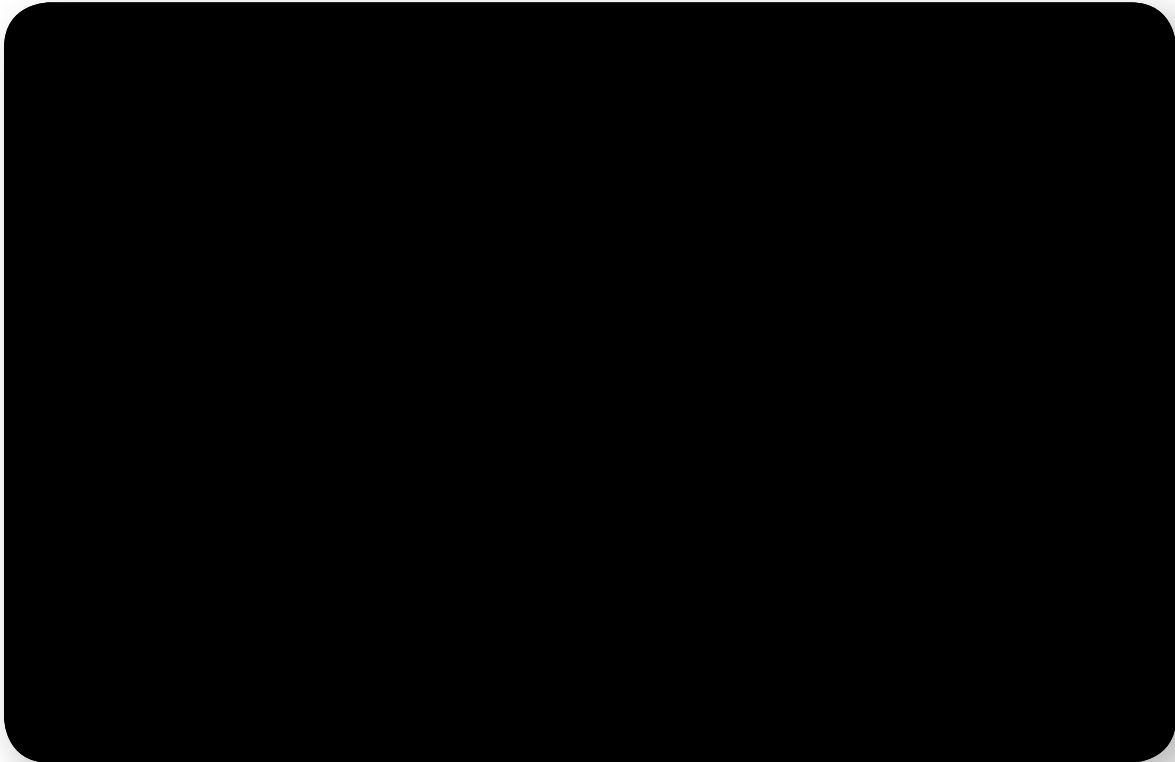
Give the Relationships area of your Wheel a rating out of 10.

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**What is important to you?**

score is high and the satisfaction score low. Generally speaking, the bigger the gap between the scores, the more of a priority that area is for you.

**What are the top priority areas for you? What specific things do you want to focus on? You could summarise your thoughts here:**

A large, solid black rounded rectangle with rounded corners, serving as a placeholder for a user's response to the question above.

### **3. What is working and not working?**

## a) Relationships


**b) Fun**


## c) Health


## d) Occupation


## e) Personal Development


**f) Community**


## g) Money


## h) Home


## i) Support


## j) Choice and Control

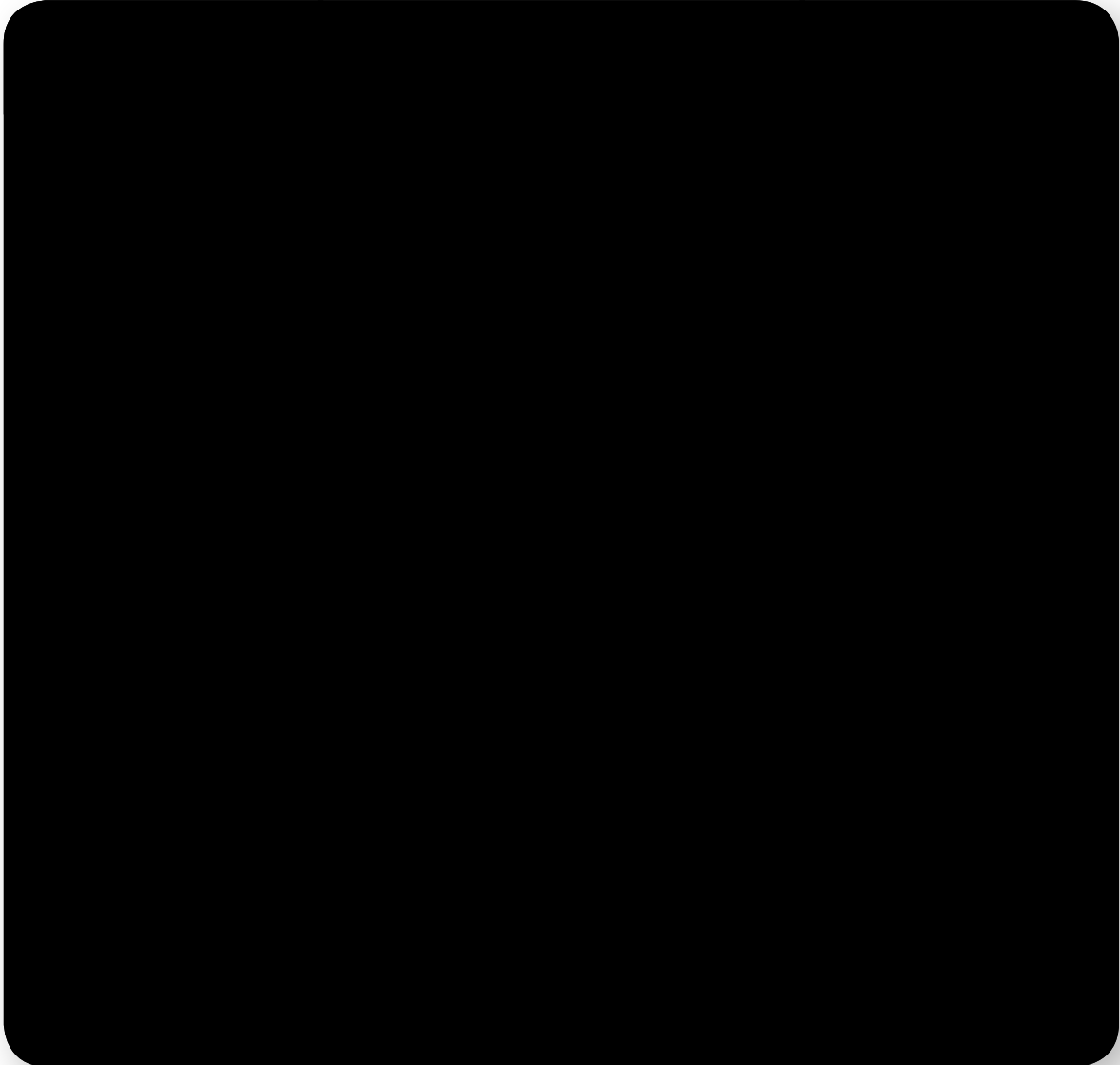

## 4. How do you want your life to be?

Now put a summary of the most important things here:



## **5. What is possible?**

If you are not sure what is possible then you might want to look at what is possible on websites or talk to people who have tried different things. You could look at examples of other support plans on [www.supportplanning.org](http://www.supportplanning.org).



Here are some questions that may help you to think about the different options:

1. What are the advantages and disadvantages of each of these options?
2. Which options keep you in control?
3. Which options, on a scale of 1-10, would you be most committed to following through on?
4. Which options would give the best result?
5. Which options appeal to you most, or feel best to you?

## 6. What support do you need?

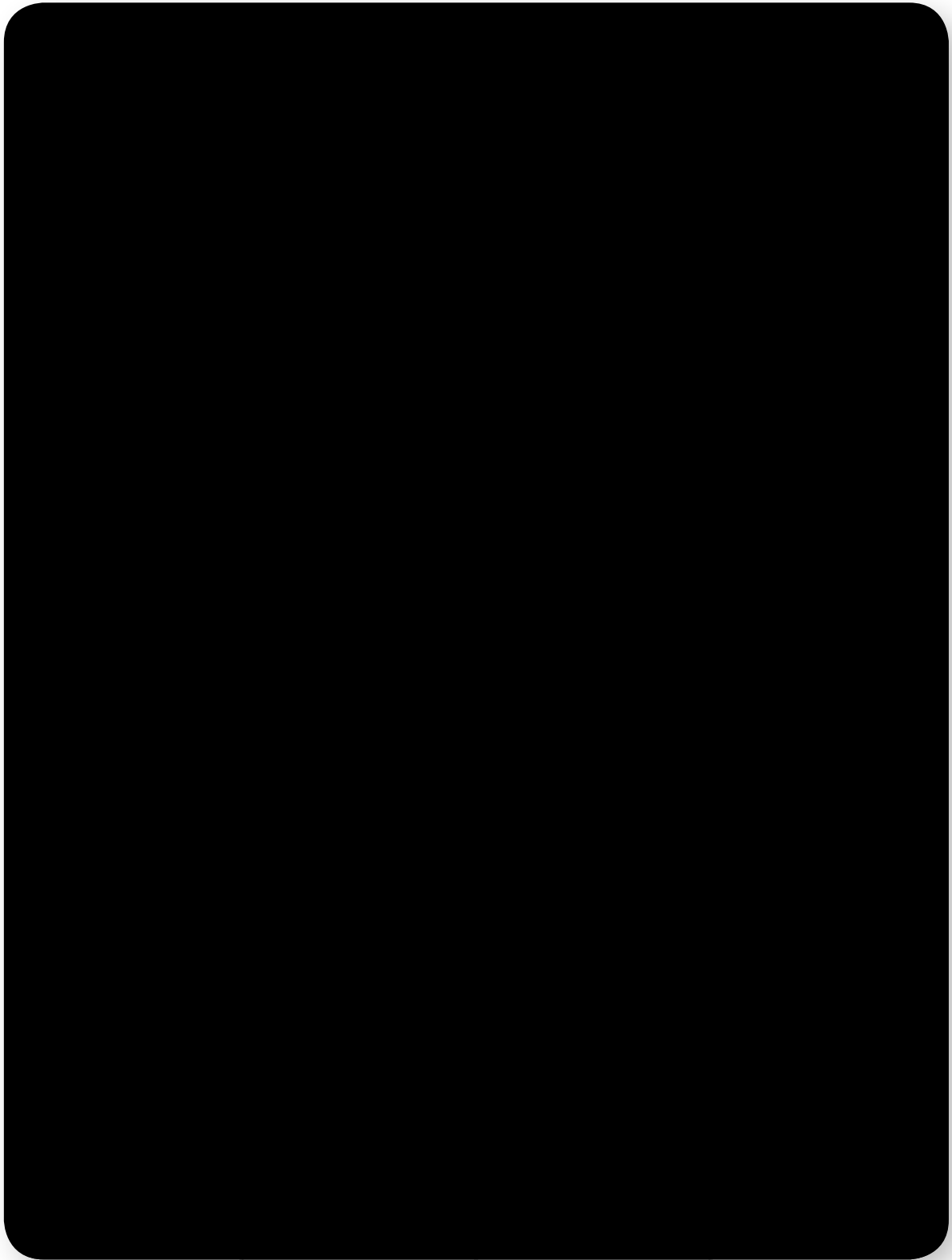
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Your weekly timetable

The people you need



## A weekly timetable





short-term, and you want someone who will be there long-term, their goals do not match what you need. Similarly, if they like to work very independently and you need them to cooperate as part of your support team, they will not be the best team fit. As a result, even though they 'can' do the job in terms of skills and knowledge, they won't fit all your needs and so would not be an ideal choice.

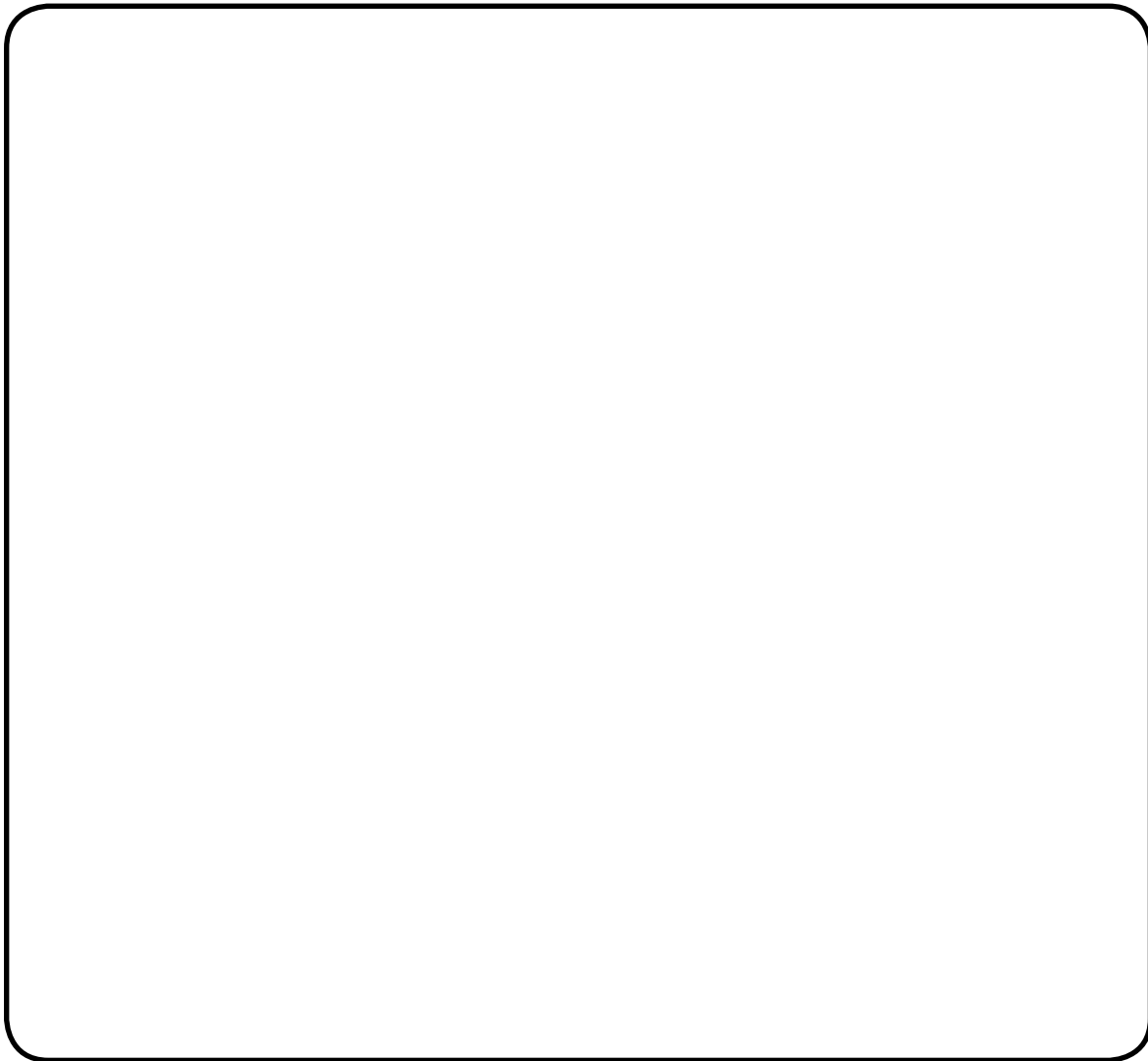
You may not know of anyone who can support you and we may need to think about finding the right person or people to help you do the things that are important to you. So be specific about the kind of person you think would be suitable as your supporter. Then decide the qualities that are essential and those that are desirable.

**Record your thoughts here:**

A large, solid black rounded rectangular box with a subtle drop shadow, intended for the user to record their thoughts.A second large, solid black rounded rectangular box with a subtle drop shadow, identical to the one above, for recording thoughts.

## Job description

**7. How will your support be managed?**

A large, empty rounded rectangle with a thin black border, intended for the user to provide their answer to the question above.

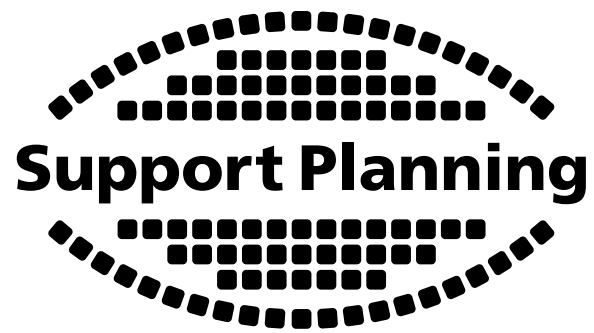
**8. How will you spend your money to make this happen?**


## 9. What are your actions?

### Your action plan

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**10. How will you stay in control and on track?**

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[www.supportplanning.org](http://www.supportplanning.org)