

Sally Smith



Support Plan

Support Broker Skye

All about me

- Hey, I'm Sally 😊
- I live in Collier Row with my parents and younger brother. We live in a lovely 3-bedroom terraced house, on a quiet street right next to Rise Park. We have lived here since I was born, I love the amazing sunrise and sunsets I get to see over the lake from my bedroom window.
- I am friendly, chatty and love to make things or make people around me smile by being my positive happy self.
- My dad loves to spoil me, since I was a kid, hes always bought me a model set once a month on pay day and me and him always spend Saturday afternoons watching football and making planes, cars, trains, space crafts and miniature buildings together.
- Our family are devout Christians and I love my Church St Augustine of Canterbury, where I have been going all my life, where I was christened, baptised and where we all go as a family on Sundays.
- Most Friday I chill out, I either watch my favourite program Quantum leap, reruns of all the Dr Who series or chat on sci-fi groups on Facebook and WhatsApp with my friends.
- I like making designs and my favourite graffiti artist is Banksy. I am always making pin boards on my Pinterest, doodling in my sketchpad, or taking photos of things I see on my travels using my smart phone and post them on my Instagram.
- I am a big tea drinker, I drink a lot of Earl Grey, it was my nans favourite and she got me into it we used to go for afternoon tea every other month at different theatres around London and around my area; I drink at least 6 cups a day with 3 sugars in each cup. It probably not helping me with my weight or tooth decay; I also go through a few packs of digestives and Mr Kipling apple pies a week too. Mum tries to stop buying them but then I bully Scott, my younger brother to get them from the shops for me. I miss going for afternoon tea, I want to be able to do that more with and Mum, so we can talk like grownups with one another better.
- I am not as good on using my computer as I am on my tablet or my phone, I need some help with training because I want to be able to learn how to code and make up games and learn to type on an actual keypad. Because of this I am going to stay at the college class I attend through the day centre on Mondays as they do a host of IT suite training and I get to practise and learn.
- Keeping busy and learning new skills helps me stay happy about life, so think it will be fun to get a part time job with animals or at the leisure centre because I love horses and I love swimming; Plus, I really want to start making money for myself so if I can
- I must admit I feel a bit lonely now that I am getting older, all my friends have a boyfriend, I want to be like them and like my mum and dad and find someone who loves me and maybe might want to get married someday. Even Scott has a girlfriend now, Charlie, she's lovely but I feel a bit left out, we used to be best mates and go swimming every week together, we haven't done that in ages, and I miss it.

Things that matter to me

I want to be and live more for me, and be independent, I want to do this now before I lose my nerve and I do not want others to feel like I am getting in their way. I am not a child anymore, even if people from the churchy keep trying to treat me like one.

I want my own living accommodation like my friends, but I am going to need some help, so maybe somewhere where there is security and where I can get some personal care and floating support because now my currently mum helps organise and manage my personal care and all of that.

If I am going to have my own place, it is time for me to learn other skills to help me become more independent – such as cooking, cleaning, fashion; and I am only going to do this if I am able to learn new skills and make those changes, with this in mind I am ready to change how I spend my days; I go to the Osborne Partnership Day centre every day of the week and I still want to go there because I enjoy the days that I go horse riding and to college but not every day anymore.

I have a hearing aid, but it feels itchy and uncomfortable, and I cannot lie, I actually think it makes me look so uncool, so I take it off all the time and then forget where I put it, and mum gets annoyed because they are so expensive – if I am honest, I prefer to communicate more with Makaton even though I know I need my hearing aid, I wonder are there any more stylish hearing aids available? If so, I would like to try that out.

My parents (on me)

Sally is loving, generous, and sweet to everyone she knows and even to strangers. She always shows us the true meaning of life, in its purest form, she is our angel.

Sally has Kelly and Caroline who are her personal assistants to support her with her personal care in the mornings and has done for the past 6 years, she has a good relationship with them and wants to keep them on, whether she will want to do this once she has moved, we can review at that stage, depending on location of where she gets housing because me and Dave do her personal care in the evenings and we may need to get some extra support in to do this for her if and when she moves. Kelly and Caroline alternate weeks and help her with washing, getting ready, sorting her bed, putting her washing on, breakfast and getting her hair done, she has long lousy hair. She is in a routine now so personal care isn't too much of an issue but she has had a few melt downs when we have left her to her own devices so Kelly and Caroline are still on hand which has been a blessing.

Sally is capable of learning by doing, since a young age, she has been making lots of models and really enjoyed the arts from making puzzles and models. She is good at doing things with others, not so much self-directed or on her complete own initiative, not sure if that is until she is more confident or until she is shown and guided at a comfortable pace.

She is good at listening to and observing her surroundings contently, Sally loves theatre productions and has frequented many West End and local shows and stayed intrigued from start to finish and prefers standard shows over the relaxed performance.

She has become more confident since we bought her a smart phone two years ago as well, she has the Cough Drop App installed to communicate with her friends at church and when she is out at the local shops with Scott if she feels she needs it. Plus we do keep the location on, on her phone in

case she wonders off, which has happened in the past and it's a worry for us for her to understand her boundaries and spot danger being so loved and having such a friendly demeanour.

We can see she is ready to fly the nest and we could not be prouder of her decision, with the right few steps to keep her safe and her wellbeing paramount, we hold faith she will be able to.

What Sally knows her parents will say...

My family love me and are naturally worried that I would not be able to cope living on my own and want to help me learn all that I need to slowly gain that skillset.

Mum knows that I forget simple hygiene for especially with my time of the month, after using the toilet, changing into fresh bedding, underwear, clothing, bathing etc. so I want to explore ways to remind myself of these basic life readiness skills now that I have a calling for my independence.

Mum has been hiding the sweet snacks from me for a while, she is worried that diabetes could crop up for me as it did with nan because I don't always eat balanced as I should (with all the sweet treats).

Things I want and how I think they can happen.

I would like to be more in control of what happens in my life. How I am going to make that work, is why I have asked you (SSN) to be my Support Broker.

I have been looked after lovingly by my parents, brother, church family, friends and care co-ordinator for the longest time and I am so grateful, but I want to venture out in the world now, like the 10th Doctor said "Some people live more in 20 years than others do in 80. It's not the time that matters. It's the person." I want to be that person that lives!

I am ready to take steps to move towards my dream and I believe with careful planning I can make those goals happen.

My Plans

Task	How will I achieve this	With whom	Timeline/ Date
Get a support worker to help me with my going to and from places more independently **	Write a job advert with mum and share it on Facebook, at the local shops, with the care co-ordinator	Me, Mum and Skye- (Support Broker) SB	COMPLETED CV and mum shared it with SSN and Care Co-ordinator.
Next Steps Life Skills training	Scott and I applied and I have been accepted onto the FREE course and its run by a specialist disabled youth group -they even speak in Makaton	Ab Fab Youth Club Dad will take and collect me	7-week course on Tuesday evenings and then I can look for the follow up course Evolve or Ignite and even the residentials https://abphab.wixsite.com/youthclub/nextsteps
A job at the Lambourne End farm	Get together a CV and put on their that am happy to volunteer if there are no paid positions available	Me and Scott to write my CV (Charlie can help type it) and help me with disseminating it	COMPLETED- the farm got in touch, so I can learn some employment skills but because of the nature of the work I will need supervising, and this will come at a cost to me and shown in my Support Plan. Also I want to register with Work Fit in case something else comes up for me in terms of a paid work opportunity or apprenticeship
My own accommodation	Meeting for an assessment to see what my options and entitlements to this are	Skye- Support broker is introducing me to the ILA floating support team who are experienced in helping people like me getting	6-12 months I think will be a realistic goal which will allow me to do some courses to help me become more independent

		my own place and sorting out the required meetings with my care co-ordinator and the local authority	
Manage my fitness and food intake	Look for a good app. Start Swimming Lessons	Me and SB (Support Broker) - Skye Mum enrolled me onto Everyone Active Becontree my instructor is Nadia and I start on Saturdays	Found amazing app DS Active Health Swap App, Downloaded this, to input things daily and review/ monitor weekly with Mum and Dad https://www.dsactive.org.uk/ Weekly
Boyfriend	Join online dating sites for people with disabilities	Me, Support Broker and best mates Alex and Christina can help with my bio	ASAP
Manage diabetes	Go for regular checks with nurse	Mum (and me) to help me book appointment and show me how to book online via the app myself	1-2 weeks then weekly monitoring

**At the moment my parents do have a mobility vehicle out to help get me to all the places I usually go to, so whilst I will get in a PA to help with my travel training and on using Ubers or public Transport I will get them to still collect me from my activities, not only because I get tired but also so I don't overdo it all at once and then get overwhelmed.

My Activity Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	PA personal care * 1 hour Travel training with young support worker	PA personal care * 1 hour Travel training with young support worker	PA personal care * 1 hour Travel training with young support worker	PA personal care * 1 hour Travel training with young support worker	PA personal care * 1 hour	PA personal care * 1 hour	PA personal care * 1 hour
Mid Morning	DAY CENTRE/ COLLEGE IT day	WORKING AT THE FARM	Go Food/ window or clothes Shopping to practise. Travel back on Mobility Bus	DAY CENTRE/ COLLEGE Arts and Crafts Session	Gardening with mum or drawing while mum is pottering about in the garden.	Swimming Lesson	Family Day at Church, family walk 3 miles to church
Afternoon	COLLEGE Mum collects	WORKING AT THE FARM Mum Collects		COLLEGE/ Horse riding session off site Mum Collects	Prepare lunch for herself and mum.	Make Models with Dad whilst we watch football	Family Day at Church Family walk back.
Early Evening	Suppertime	Suppertime	Suppertime	Suppertime	Supper	Supper	Supper
Evening		Ab Fab Youth Club- Next Steps project-learning life skills 6.30pm - 8.30pm	Date night for any potential matches made online Sally wants to have on Google Meets		Watch Sci-Fi re-runs or looking on/ chatting with mates on social media, or WhatsApp	Family night in front of the sofa with a takeaway and Strictly come Dancing	
	Mum helps me get ready for bed	Mum helps me get ready for bed	Mum helps me get ready for bed	Mum helps me get ready for bed	Mum helps me get ready for bed	Mum helps me get ready for bed	Mum helps me get ready for bed

Finances

Money In:

Source	Weekly Amount	Notes	Annual Amount
Direct Payment	£600.00	Indicative budget	£31,200.00
PIP	£151.40	Daily Living £89.15 per week Mobility £62.25 per week	£7,872.80
Employment Support Allowance	£74.35	£74.35 per week for Sally as she looks for work and gets work-based experience	£3,866.20
TOTALS	£825.75		£42,939.00

Money Out:

Description	Notes	Weekly Cost	Annual Cost	Source
Personal Care from Kelly and Caroline	2 hours every morning (7.30am – 9.30am) at £12 per hour 7 days a week (whilst Mum and Dad go to work early on their market stalls). They wake Sally up and stay until she leaves for her activities.	£168.00	£8,736	DP
Support worker to help with Travel training and shopping support	3 days @ 2 hours =6 hours 1 day per week @ 4 hours 10 hours per week at £15 per hour = £150 at 40 weeks = 6,000	£115.38	£6,000	PIP
Transport – Parents	Monthly repayments on Car are £288 Monthly Insurance on car is £68 Yearly Service and MOT is £180 Petrol monthly spend giving allowances for the travel training being put into place will reduce by £15 per week making it £80 per month	£104.07	£5,412	PIP (£3,237 and remainder from DP)
Day Centre Charges	Osborne Partnership Day Centre for 2 days a week 40 weeks a year includes horse-riding and Computer Course. £75 per day x 2 days per week= £150 x 40 weeks= £6000	£115.38	£6,000	DP
Dating Site Charges	Monthly subscription at £11.95 per month	£2.76	£143.40	DP

Swimming Lessons	Weekly lessons with Everyone Active at £40 per month = £480	£9.23	£480	PIP
Uber Cab	From town to home on Wednesdays after Sally has spent the morning shopping	£8	£416	Community
Working at the Farm	Young Farmers Club at Lambroune end – closed for a week at Christmas and again at new year. £7.50 x 50 weeks = £375 p/a	£7.50	£375	ESA
Model Equipment for making models	Model sets from our favourite https://www.model-space.com/gb/ to work on weekly with Dad	20	£1,040	DP
Afternoon Tea every other month with mum	6 afternoon tea sessions with mum or friend at £75 maximum budget plus £50 towards travel 75 plus 50 = 125 x 6 = £	£14.42	£750	DP
Theatre Show	View a theatrical production with a friend or family member once a quarter. £65 per person x 2 (tickets) 130 x 4 shows = 520	£10	£520	DP
Shopping Budget Wednesdays	To help Sally with her financial literacy and her fashion she will have £100 per month budget to buy herself something to wear or some toiletries, make up, etc of her choosing to help her identify and understand what she likes or dislikes	£23.07	£1,200	DP
TV Channel Subscription	Netflix (13.99) plus Disney Plus (£7.99) per month = 21.98.	£5.07	£263.76	DP
Holiday to Spain with her friends and carer	All-inclusive 1-week holiday in Tenerife with a PA/ friend; Christina or Alex to help Sally navigate spending time alone without her family	£67.30	£3,500	DP
Contingency	For emergency use and any additional agency fees- approx. 20% of budget excluding 1 off costs, any overspends will come out of this contingency	£133.96	£6,966	DP
Total		£803.89	£41802.16	

One off Costs:

Description	Details	Weekly Cost	Total Cost	Source
Brokerage Fee	Peer Support Broker Fees: For the assistance of compiling a personal support plan and finding additional services. To be paid as a one-off sum from	N/A	£300.00	DP

	direct payment to Mrs G Sandhu-Nelson 10hrs x £30.00			
Signia Silk 3Nx Digital Hearing Aid	Something more sleek and sophisticated that Sally can be proud of wearing	N/A	£699	DP
APPLE MacBook Air 13.3"	Laptop to help me further my computer coding skills, employability, and my artistic side	N/A	£949.00	SPLIT (£517 remainder from ESA and then from DP)
TOTAL ONE OFF COSTS			£1,948	

Key Contacts

Mum and Dad- -----

Scott – -----

Care Co-ordinator – -----

Day Centre – -----

PA's

Kelly- -----

Catherine – -----

Christina (bestie) -----

Alex (bestie) -----

Risk Management

If something happens or doesn't happen according to my plan, then here are things I may need to have support with.

Potential Risk	How to manage the risk	Review
If PA doesn't turn up in the morning	Sally knows to call call Mum and let her know and knock on Scotts door to let him know so he can make her breakfast whilst cover is arranged or rearranged.	Quarterly or sooner if this occurs often
If any of my classes are not on or cancelled	Sally to call on her friends and see if they want to meet up	See if we can get a refund on those sessions so Sally has funds to do something with her friends instead during that time.
If Sally loses her bank cards	Sally knows how to freeze her card via her mobile phone	Sally to check all her cards daily when coming home from shopping/ outings
If Sally feels threatened, intimidated or in a scary situation	Sally has a monitored security alarm that she knows how to pull to alarm perpetrators and call for help	If this happens to check alarm is in safe working order and if any changes need to be made in Sallys program to keep her safe.
If Sally is lost	Stay calm and call mum or dad and remember they will find her as long as she never turns off the find my phone on her mobile	How that happened, retrace steps to prevent future distress
If Sally feels overwhelmed or tired by her enthusiastic planned week	She knows she can call mum and dad and let them know that she wants to rest and have a PJ day	As and when this happens
Sally making lunch at home once a week and could injure herself with her utensils or equipment	Sally is always observed during her cooking whilst she is learning	As and when this happens
Sally feels frustrated that people are not understanding what she is trying to say	Sally can use the Cough Drop app on her phone to communicate those words she is finding difficult to express or be understood	If app isn't working look for any other newer apps.