

What needs to be in a Young Persons Support Plan?

Support Plan is the name for the plan that shows how someone's Individual Budget will be spent. In order for the care manager to agree the release of money for the Budget, they must be able to see and agree a plan that meets clear criteria.

Support Plans can be written in different ways. They may be short or long - with pictures or just text. The person can write it themselves or have someone else write it for them.

The local authority will need to make sure that the plan answers these seven questions:

Question	What this means	What care managers will look for	Your plan will not be agreed if...
<p>1. What is important to you?</p>	<p>If someone reads the plan, they should get a good sense of your lifestyle. They should get an understanding of who you are, and your interests and hopes for the future.</p> <p>The plan must show evidence that you are at the centre (and not be weighted towards the family as a whole.)</p>	<p>Information about you. For example: what is important to you, any experiences that may feel relevant, people who are important in your life.</p>	<p>Your plan will not be agreed if the information in the plan treats you like a stereotype, and does not express your individuality.</p> <p>Your plan will not be agreed if it is written in very general terms.</p>

Question	What this means	What care managers will look for	Your plan will not be agreed if...
<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>	<p>Notes:</p>	
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<p>2. What do you want to change or achieve?</p>	<p>The plan should say what you want to change about your lifestyle. This may include changing where you live, changing services that you receive, or changing how you spend your time. The plan should say clearly what outcomes you want to get.</p>	<p>Changes must be realistic and achievable. The changes can include long-term changes that you would like to make. These must then be broken down into achievable steps.</p>	<p>The plan will not be agreed if it does not clearly specify what you want to change or if the changes appear to be imposed by others. The plan cannot be agreed if the actions would make your situation worse.</p>
<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>	<p>Notes:</p>	
<p>3. How will you be supported?</p>	<p>The plan should say what kind of help or support you are going to use to make the changes you want in your life. It should say how you will make sure you stay safe and well. The plan should show your thinking about how you will be included in your community and how you will use ordinary places. It should show how you will use opportunities to develop and grow. You need to show how you are dealing with any issues of health and safety.</p>	<p>The plan should say exactly what support you want, when you need it and how you want this to be provided. It should say who will provide this support or help - for example, from family or friends, or paid assistants. It should include information about how you will manage any risks, and what support you need to stay safe and well.</p>	<p>The plan will not be agreed if you have no idea how you are going to use your Individual Budget to get support. The plan must not be agreed if you or others are at great risk of harm but you've done nothing about it. There is guidance on health and safety on the in Control website: www.in-control.org.uk.</p>
<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>	<p>Notes:</p>	

Question	What this means	What care managers will look for	Your plan will not be agreed if...
<p>4. How will you use your Individual Budget?</p>	<p>The plan must set out how you want your Individual Budget to be used.</p> <p>If you want to use your money as a direct payment, or an indirect payment, then the plan needs to say what your support service will cost for a year, and what money will be needed for the following two years.</p> <p>The plan should show how the people who support you are the right people to help.</p> <p>The plan should show that you will get good value for your money.</p>	<p>The plan should say how you will use your money. You can have your Individual Budget as a direct payment, or it can go as an indirect payment to someone you trust.</p> <p>Indirect payments can be made to an agent on your behalf or to a few people who form themselves into a Trust. You can also ask your care manager to buy a service on your behalf – a service that provides the support set out in your plan.</p> <p>Another option is to have your money as an Individual Service Fund with a support provider. This means that they agree to work to your support plan and only to spend your money on you.</p> <p>Remember that there are lots of kinds of support you can spend your money on. You aren't limited to paying for support from personal assistants.</p>	<p>The plan will not be agreed if it does not say how your money will be used. If you are taking your Individual Budget as a direct or indirect payment, then the plan must say how much the service will cost.</p> <p>The plan will not be agreed if the service costs more than the amount that has been agreed.</p> <p>The plan will not be agreed if you are going to do anything illegal!</p>
<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>	<p>Notes:</p>	
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Question	What this means	What care managers will look for	Your plan will not be agreed if...
<p>5. How will your support be managed?</p>	<p>The plan must explain how any support you pay for is going to be organised.</p>	<p>The plan should say who is going to manage the money. If you are going to employ people, it must say how you will sort out the payment of salaries, how people will be supported, trained and supervised, and other arrangements.</p>	<p>The plan will not be agreed if it is unclear who is responsible for what, or if you don't intend to do everything that you must do by law. The plan must take into account employment and discrimination laws.</p>
<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>	<p>Notes:</p>	
<p>6. How will you stay in control of your life?</p>	<p>The plan must say how you will stay in control of your own life. This means thinking about what decisions you will make. Where other people make decisions for you, it has to be clear how they involve you and get your agreement.</p>	<p>The plan should describe the decisions that you will be making, and those that others make. If someone else is going to manage your money on your behalf (for example an agent, Trust, care manager, or provider), the plan should say how you want to review your support with them.</p>	<p>The plan will not be agreed if it looks like others are making decisions for you if you could reasonably make those decisions yourself.</p>
<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>	<p>Notes:</p>	
<p>7. What are you going to do to make this plan happen (action plan)?</p>	<p>The plan should set out real and measurable things that will happen in the future. In that way it is possible to look back and see whether the plan is working or not.</p>	<p>The plan should say who will be responsible for each action and when it will be done. The plan should say how you will check your action plan to ensure that problems can be dealt with as they arise. It should be clear how these actions will help you to make the changes that you said you wanted to make.</p>	<p>The plan should not be agreed if you just said some general things that need to happen. There need to be clear actions that will make sure your plan will happen.</p>
<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>	<p>Notes:</p>	

Good Practice in Support Planning with Young People

Here are some suggestions developed by the Dynamite sites for good practice in developing support plans:

- The plan should be clear about the possibility that the young person may change their mind and describe how this should be acted on.
- The plan should give examples of how the young person communicates – for example. . . .

In this situation...	The young person does this...	We think it means...	And we should...

- ✗ The plan should separate out what is working and what is not working for the young person as an individual and for their family. It should highlight the family’s perspective, hopes, and concerns separately.
- ✗ The plan should have a clear link to a person-centred plan or some detailed person-centred thinking tools. The plan should describe how the young person contributed to this.
- ✗ The plan must say how the young person should be supported when they are distressed or anxious. This could be recorded in the communication chart.

- ✘ The plan must say how the person should be supported if there is an emergency. What are the contingency plans?
- ✘ The plan should show that the person has the right to aspirations and should encourage them to have aspirations..
- ✘ The plan should describe any training that the person who is offering support should have, in particular that which is specific to the young person.
- ✘ The Dynamite sites strongly recommend CRB checks.
- ✘ The plan should show the young person will be involved in choosing people to support them.
- ✘ The plan should separate out issues that are directly related to the young person from those related to their family as a whole.
- ✘ The plan should demonstrate how reviews will happen and how the young person is involved in driving reviews and action planning.

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January 2007

Please send any suggestions or comments on developing this to Helen or Gill