

Self-Directed Support – Tools for change: Support planning

text by Petteri Kukkanemi

Support planning tool contains three parts:

My thoughts

- My suggestion for the forms of support I need in order to live a good life
- Explains what the person wants to pursue and achieve (not yet how that will be done)

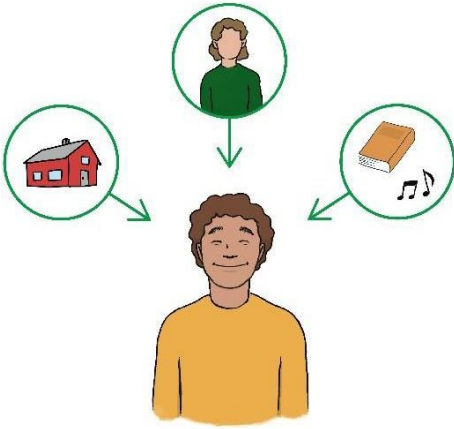
My plan

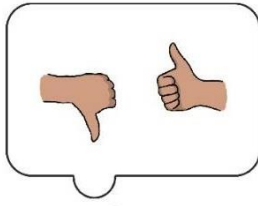
- A plan for the realization
- Explains how the required support is intended to be organized
- Who does what?
- Risk assessment

Personal budget

- If a personal budget is used for the organization of help or support, what should be considered?

MY THOUGHTS

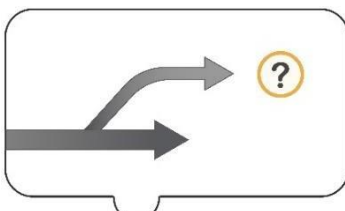
 <p>The diagram features a central illustration of a man with brown hair and a yellow shirt. Three green circular icons are positioned around him, each with a green arrow pointing towards the man. The top icon shows a woman with brown hair in a green shirt. The left icon shows a red house with a white roof. The right icon shows a brown book with two musical notes below it.</p>	<h1>What is important to me</h1> <p>Think about the things you like and want to do and the people you want to spend time with.</p> <ul style="list-style-type: none">• Name things, people, places, and situations that are important to you.
--	---



What works and what does not

What makes your daily life good or bad?

- What works, what does not?
- For example, what would happen during a good week?
- What are you particularly pleased with?



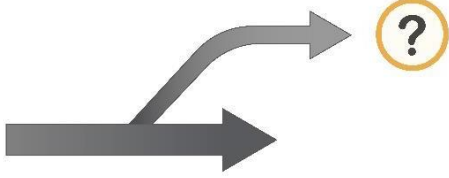
Change

What would you like to change in your life?

For example, what do you want to change in your typical day or week?

You could, for example, consider the following questions

- What do you wish for or want? What do you dream of?
- Are you happy with your current home? Do you feel at home in the area you live in?
- Do you like your work, are you able to work in the job you want?
- Are your finances in order?
- Do you feel healthy?
- Are you surrounded by reliable people, such as a spouse, family members, or friends you can talk to and spend time with?
- Would you hope for more support and information on everyday matters, such as cooking, activities, exercise, or, for example matters of sexual health (some personal matter)?
- What could you do to change your life to better match your hopes and desires?



Goal

Think about the change you hope or want to bring about. Describe the desired outcome.



Review

Consider and review

- Is the change you hope for possible?
- Would it make your life better or easier?
- Are you hoping for too much or too little?

MY PLAN



Objective

Consider your objective.

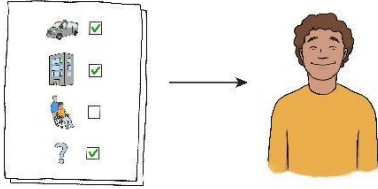
You can ask for help with coming up with a plan from a person close to you or a counselor.



Key stages

Consider whether the objective could be divided into smaller components, which form the key stages you need to complete in order to achieve the objective.

What would have to change and how could that be realized?



Plan

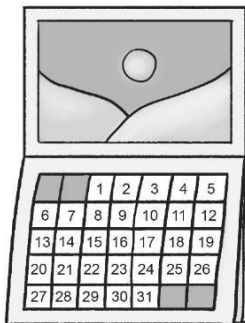
The plan should specify how the support is organized. The plan includes the key stages you came up with in the previous section.

For example,

- What is needed in order to achieve the objective?
- How can the objective be achieved?
- What type of support do you need, and who can help you with it?

Do you have hopes or thoughts on how the services could be organized to ensure that they provide the best support for you in your daily life (for example, from where/whom would you want the services to be purchased)?

What services could help you achieve your objective?



Timetable

Prepare a timetable for the different stages.



Persons and parties who provide support

Your support group consists of people who are important to you, such as your close friends and relatives and the employees who help you in your daily life.

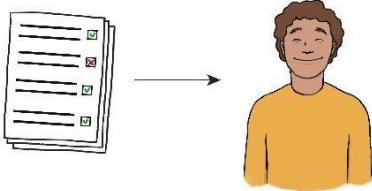
Specify the members of your support group and how they help you

The first step

Consider your starting move or the first thing that you have to do. What type of help and support do you need?



Confirmation of personal choices and decisions



- What type of help and support do you need in order to make decisions and choices concerning your life?
- Have you received enough information for making decisions and choices?
- How can you be best supported in decision-making?
- Review the produced plan to see whether you are happy with it and think about making decisions and choices:

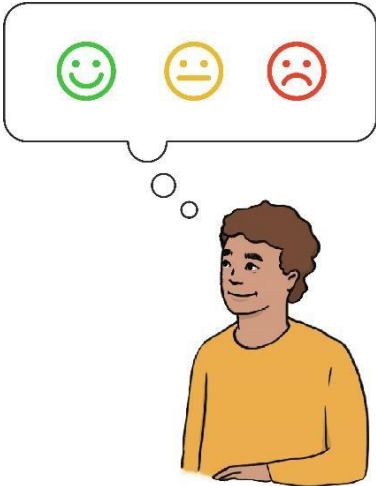
Decisions I make myself.

Decisions I need support with (who supports you in decision-making)

Decisions made by someone else (who decides) 3

Decisions I would like to make myself.

Risks



Risks are things that may be harmful to yourself, others, or the realization of your plans.

- What risks could be entailed in the realization of your planned objective?
- What could be done to avoid those risks?



Evaluation

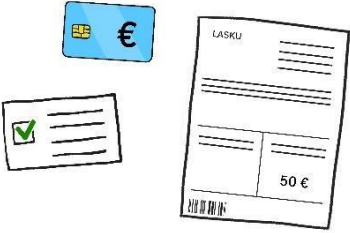
- How do you feel about the plan? Is it good, or could it be improved somehow?
- What do the other people who participated in the planning think about the plan?
- When will the plan and its realization be reviewed?
Where necessary, things that are not working or do not feel right will be changed.

PERSONAL BUDGET

Personal budget

If a personal budget is used for the organization of help or support, you should specify how the budget, i.e., the money, will be spent

- Things I would use my personal budget for



The matter would be arranged like this

Cost estimate per month

These things are decided by me

These things are decided by someone else