

Your Support Plan

Once you have been informed about your estimated budget you can start thinking about your support plan.

A support plan tells us about what is important to you and how you would like to use your budget to meet your support needs. This may mean that your final budget is different to the estimated budget. It may go up or down.

Your support plan should tell us about your aspirations for the future and the outcomes you want to achieve to improve the quality of your life. Some things to consider in your support plan are:

1. What's important to me about my life and my health?
2. What's working? What's not working?
3. Things I want to change (what would make a real difference?) and the outcomes I want to achieve.
4. How will I be supported?
5. How do I wish to spend my budget?
6. How do I plan to manage my support (for example, Direct Payment)?
7. How will I stay in control?

You can complete your support plan by yourself, with help from family or friends. You can ask your Care Manager for support or get an advocate to help you.