

I am trusted to write my own care and support plan – with whatever help I need

My care and support plan is about the whole of my life, not just about assessed needs or money

I am encouraged and supported to think creatively about ways to achieve my outcomes

My review is person-centred, focused on me and my life, my outcomes and what is working and not working, - not just the money. Through my review I can contribute my views to improving the system as well

What does good care and support planning look like?

If I need help to plan, I can choose who supports me through the process and to put the plan into practice

The process from assessment through to review is transparent and clear. I know what to expect and when to expect it, and people do what they say they will do

People who support me to plan have a flexible, open, honest, positive, solution-focused attitude

I am supported to take risks, and know it is OK to make mistakes and change my mind

I have all the information I need to plan, when I need it and in an accessible way, including signposting to what is available locally

I can involve friends and family if I choose