



**Pippa Girl**

**Support Plan**

## **Contents**

## **Page Number**

Who am I	3
What's important to me	6
My average week	7
My future week	8
What I want to stay the same and what I want to change	9
My support	11
My circle of support	14
Action Plan	15
How I will spend my personal budget	18
What Next	19

## Who Am I

Hello my name is Phillipa Girl but I like to be called Pippa. I am 22 years old and live Richmond with my Mum and Dad, twin sister and my younger brother. My Grandma also lives with us now and this makes me happy. I have an older sister and she is married and lives nearby – she has two children a boy and a girl and I love being an auntie. I also have a dog called Hobo and a cat called Twig.

Me with my Mum,  
Dad and twin sister



My Family  
Home

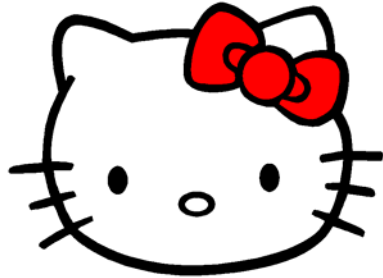


My Dog and Cat

I have a good relationship with my family and they love me very much. My twin sister is very caring and she helps my mum support me. I really enjoy going out with my twin sister and her boyfriend and doing fun things. I love my home and enjoy the fact that there are lots of people around. I enjoy visiting my aunts, uncles and cousins too.

I am not able to communicate verbally, but I do understand some words my family say to me and they can tell when I am happy or sad by my facial expression. I can do some makaton and would like to be able to do more. Some of the makaton I know includes the signs for a drink, biscuit, toilet and thank you.

My family would say I am a very happy person who is quiet but friendly. I am helpful and like to do things round the house like take dirty plates and cups to the sink and throw away the rubbish. I am not shy as long as I do not feel scared.



I am very artistic and love drawing with all types of pens and pencils. I love magazines and enjoy sitting down and looking at all the pictures in them. I have a Hello Kitty notebook and with support I like to write down what I have done and any problems I am experiencing. I also own a Hello Kitty pencil case where I keep my pens and pencils.



I love music especially happy music and I listen to it on my headphones. If I listen to sad music it can make me cry. I like to dance whilst listening to music and would love to go to a disco. I also like trying to sing whilst listening to my songs and enjoy making noises with the tune. I do not like it when people try to bother me when I am listening to music as I don't want to stop and communicate with them.



I enjoy going shopping with my mum and twin sister and like to buy CD's and magazines. I hold my mum's arm when we go shopping as once I got lost when shopping in Kingston and this frightened me and my family.

It is fun to go with my family to the park and I like playing with my nephew and niece on the playground and enjoy kicking the football around with them.





I used to swim and would like to do this again but I need to be careful as my ears build up with wax easily and it is best that I do not let my head get under the water as this tends to block them and affect my hearing.



I like watching TV and my favourite programmes are music programmes, cartoon and Wallace and Gromit. I enjoy going to the cinema too and love Toy Story and I now want to see Puss in Boots from Shrek.



I can get upset if I think I have lost something or if my portable CD player breaks down, my mum makes sure I have batteries as I have thrown it before thinking it's broken but it was just the batteries had run out. I often show I'm upset by pulling a face, stamping my feet and crying.



If I do not know someone I can become upset and anxious especially if they try and talk to me. Sometimes when I have been at events with other people with learning disabilities they have approached me and invaded my space and I have not liked this at all.

# What's Important to me



- My Mum and Dad
- My twin sister
- All my other family
- Going out with my family and doing fun things
- Listening to my music on my CD headphones
- Makaton to help me communicate
- Choosing the things I want to do
- People not taking me things without asking
- People not invading my space
- My epilepsy being controlled
- Drawing and art
- Going out and not being bored indoors
- Seeing my old friends from school again
- My Hello Kitty collection
- Going swimming again
- Cinema
- Looking through magazines
- JLS
- Going to the park
- Watching Wallace and Gromit
- Looking nice and wearing the things I like
- Finding something to do now I no longer go to college
- Having support to go out

## My Average Week At The Moment

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Morning</b>	Spend time at home with Mum	At home	Park with family	At Home	Help mum doing shopping and housework	At home	Family Day
<b>Afternoon</b>							
<b>Evening</b>	TV or music	Go out with twin sister and her boyfriend	TV or Music	TV or Music	Cinema	Watch X Factor	

I would like to do more in the week as I am bored being at home all the time

## My Ideal Average Week in the Future

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Morning</b>	Community Activity with Kite Road Day Centre Including music, art and makaton and sports	Support worker to do social activities	Park with family	Kite Road Day Centre Horse riding session and in the afternoon our choice session	Help mum doing shopping and housework	Mencap day trip or similar event	Family Day
<b>Afternoon</b>							
<b>Evening</b>	Gateway Club	TV or music	Go out with twin sister and her boyfriend	TV or music	Cinema	Watch X Factor	



# What I want to stay the same and what I want to change

## Relationships



- I get on very well with my family and love having them around
- I enjoy spending time with my mum as she offers me a lot of support
- I love doing fun things with my twin sister and her boyfriend
- I want to continue to be a good auntie to my nephew and niece
- Since I stopped school and college I do not see my friends anymore and it would be nice to do things with them again like we used to for example bowling.

## Living



- I am happy at home for now but in the future I may like to move out and live with people my own age

## Learning

- I want to learn more makaton
- I enjoy helping round the home and would like to do some cooking

## Work

- I would like to try and work maybe in a café as I like cleaning up but I would need support



## Leisure

- I would like to do more activities outside of the home especially with people my own age
- I would like to do an art class
- I would like to do a music and dance activity
- I think going to a disco would be fun
- I would like to do more group things like going to a trip to the seaside
- I would like to go swimming again



## Health and Well-being

- I don't like going to the dentist so I try and avoid fizzy deinks and sweets
- My family eat healthy and I like to do this so my weight is good
- My epilepsy is under control and I have not had a fit for a long time

# My Support

## Type of Support I need

- I need support with all medications
- I need support with arranging and attending appointments
- I need support to understand letters
- I need support when travelling
- I need support to keep in contact with friends and make plans
- I need support when cleaning the house
- I need support with money and budgeting
- I need support with some of my personal care
- To dress appropriately for the weather
- I need support with making decisions – I can make small decisions
- To participate in activities
- To do a job in the future
- Preparing and cooking meals
- Making hot drinks
- Laundry and ironing

## **What I want my support worker to be like**

- Around my age
- Friendly
- A happy person who can smile and laugh with me
- Someone who engages with me and points out things to me and gets me to look at, touch and feel things
- Patient
- Understanding
- Proactive and encourage me to try new things
- Punctual

## **When do I want support?**

- I will do two days with the councils support activities group
- I want my own support worker for one day and maybe some evenings and weekends
- I will hopefully see my friends at the activities and maybe meet up with them with my support worker

## Who will help me manage my support?

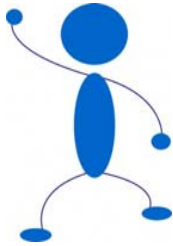
- My mum will manage my direct payment and set up a bank account for it.
- My mum and the local user led group will help me find and employ a support worker.
- My mum will help with managing the employment side of the support worker and the local user led group will help set it all up and arrange payroll, contracts and employment insurance.
- The local user led group will be available if we have any questions around our direct payment or problems with employment.
- My mum will make sure she keeps all receipts and invoices so that we can show the council clearly how we are spending the direct payment

## My Family

Mum and Dad



Ronald my younger brother



Wendy my twin sister

My older sister and family



Me - Pippa

## My Friends

Carol, Pippa, Ruth, Ben – from school – I haven't seen them much since I left school

Josie and Emma – best friends from Mencap Saturday group



## Paid support and professional support

James Unity - Social worker



Ruby Tuesday – Support Broker



## Action Plan

What I want	How will I do it	Outcome	Who will do it	By When
<p>To take part in activities like makaton, music and art.</p>	<p>I will do four activities a week with the council's activity group. Including makaton, art, music and dance.</p>	<p>I will be meeting and engaging with people. My mother will get respite from caring for me. I will be happy as I will be doing activities that I really enjoy. I will see old school and college friends.</p>	<p>Council community activity manager to arrange place with my mum and social worker.</p>	<p>When support plan is approved.</p>
<p>To see my old friends.</p>	<p>I will do council activity group, I will do more Mencap activities in the evening as well as Saturday group. I will look into pooling my budget with other friends and doing shared support. My support worker will arrange outings with my friends and their support.</p>	<p>I will be interacting socially with my peer group and doing activities that I enjoy. I will be happy as I miss my old friends and at them moment only see them occasionally. My mum and I will get some respite from each other. Pooling my budget will enable me to have more support.</p>	<p>Me and my family with support from support worker. Richmond Mencap and other local organisations.</p>	<p>When support plan is approved.</p>

<p>To do longer trips away like the seaside at weekends</p>	<p>I will get on mailing list at Richmond Mencap and other local organisations so that I can see what activities are happening. I will see if my support worker can do one weekend a month and do longer days out.</p>	<p>I will be happy as I will be doing things that I enjoy with people my age and I will be more like my twin sister who is very social. She may even want to do what I am doing! I will be accessing the community. I will be trying new things, seeing new places and meeting new people.</p>	<p>Me with support from my family and support worker. Local organisations.</p>	<p>Put my name on mailing lists now and then start doing when support plan is approved.</p>
<p>To go dancing and go to a disco.</p>	<p>I will do dance with Council Activity group. I will attend Richmond Mencap and other local organisations discos. I will go with support worker or my twin sister as she loves dancing too.</p>	<p>I love dancing so I will be very happy that I am doing it not just in my room. I will be doing exercise. I will be seeing friends. I will be interacting with more people outside of my family and will get used to people being closer to me.</p>	<p>Me with support from twin sister and support worker.</p>	<p>Put name on mailing lists now.</p>
<p>To go swimming.</p>	<p>I will go swimming with my mum in the week and maybe my support worker. I may join Special Olympics swimming team.</p>	<p>I will have fun as I enjoy swimming. It's a good way to stay healthy. I will see friends if I do Special Olympics.</p>	<p>Me with Council Activities and support worker and family.</p>	<p>When support plan is approved.</p>



To work in a café.	I will go to interview that my social worker is setting up with transitions jobs group.	I will feel good doing something with the skills I learnt at college. I maybe able to earn some money and buy my own things. I like cleaning up and would love to do it as work. I will be accessing the community.	Me with support from family and social worker to arrange appointment with transitions job team.	When my support plan is approved and I know my support worker better.
To learn more makaton.	I will continue to practice with my family who will use it more too. I will do makaton with Council Activities Group.	I will be able to improve my existing makaton skills. It will be easier for me to communicate with people who understand makaton but that I do not know well. I will become more confident.	Me with my family and Council activity Group.	Now and ongoing.

## My Personal Budget

**Indicative Budget (RAS) - £ 370**



Items	Description of cost	Weekly Total	Yearly Total
Community Activities Support - Monday and Thursday	4 activities at £25 each	£100	£5200
Support worker costs	10 hours a week at £10 per hour	£100	£5200
Support worker on costs (e.g. holiday pay, administration and insurance)	15% on top of weekly wage £100 x 15%	£15	£780
Support worker expenses	Travel and activities etc...	£15	£780
Additional support for respite one weekend every month	Prices as Local authority rate £606 per long weekend x 12	£140	£7280
<b>Total Council managed personal budget</b>		<b>£100</b>	<b>£5200</b>
<b>Total Direct Payment personal budget</b>		<b>£270</b>	<b>£14040</b>
<b>Total Personal Budget</b>		<b>£370</b>	<b>£19240</b>

## **What happens Next**

Now my support plan is complete my support broker Ruby Tuesday will give it to my social worker James Unity for approval.

Once my support plan is approved James will pass it to the money department at the council and they will start to pay my direct payment into my and mums bank account and I can start spending it on the things in my support plan.

I will start to do the things in my support plan.