



Central  
Bedfordshire  
**Together**



Creating  
**Your Support Plan**

# What is a support plan?

- A support plan says:
  - What must stay the same as well as what needs to change
  - How you will spend your personal budget to get the life you want



# What needs to be in your support plan?

- Your local authority has to agree your support plan.
- Your plan has to answer these seven questions:
  1. What is important to you?
  2. What needs to stay the same, and what needs to change?
  3. How you will arrange your support?
  4. How will you spend your money?
  5. How will you manage your support?
  6. How will you stay in control?
  7. What will you do next?

Yes it looks like a good plan



## First way:

- You can make your plan yourself using the seven questions.
  - This can be in a format which is meaningful to you, written, DVD, pictorial etc



## Second way:

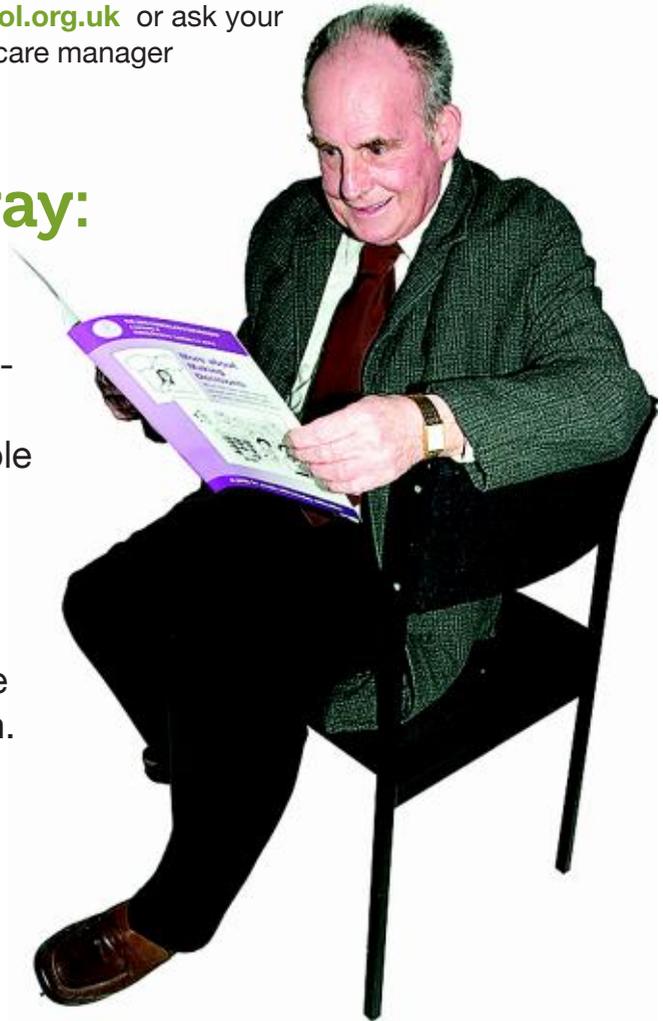
- You can follow the CBC Personal Budget Support Plan
- OR
- You can use one of the in control guides from the website: [www.in-control.org.uk](http://www.in-control.org.uk)
    - **In the driving seat** and **top tips** – these are mainly for people with learning disabilities and their supporters
    - **Life and support** – this is for everyone to use
    - **A step-by-step guide** – this is mostly used by disabled people
    - **Support planning and older people**

## Third way:

- You can start by filling in a picture template.
- You can download this free from:
  - [www.in-control.org.uk](http://www.in-control.org.uk) or ask your social worker/care manager

## Fourth way:

- If you already have a person-centred plan about the whole of your life. You can use information from this to help you make a support plan.



# Who can help you make your support plan?



**\*N.B.** Central Bedfordshire Council are currently looking at how these services can be developed locally

An explanation of some of the above services appears on the last page.

# What can you spend your money on to achieve your outcomes?

- You can spend your money on anything else that helps you get the life you want.



# What can you spend your money on?

- This guide doesn't give a list of the things that you can spend your money on. We want you to think creatively about your own support.
- **Everyone's support plan is different.**
- Your personal budget money can be spent in lots of different ways, as long as they achieve your agreed **outcomes**.



# Things to think about...

- Are some of these things free? – like support from friends or family.
- If you need to buy some support, where can you get it? Maybe you want to think about employing a personal assistant.
- Do you need services provided by or commissioned by the Council?
- Remember that what you spend your money on **must** achieve your outcomes, and that these will still need to be agreed by your Council.

# What can you spend your money on?

- This could be an item to support you in your daily life.



# What can you spend your money on to achieve your outcomes?

- Talk about all this with your family, friends and other people in your life – and particularly with anyone else who will help you to plan.
- Try to find the things that will make a difference to your life. Don't be held back by what you have done in the past, or what other people use their money for.

# What can't you spend your money on?

- You can't spend your money on anything that is against the law.
- You can't spend it on gambling, something like the lottery or alcohol.



This space is for you to put in contact details of people in your area who might help you plan...

# Glossary of Terms...

The following are an explanation of some of the terms you have read in this booklet...

## **Broker**

- A Broker is someone who helps you sort out your support. Sometimes they can also help with your Support Plan.

## **An Advocate**

- An Advocate is someone who can support you to make decisions about what you want to put in your support plan.

## **Peer Support**

- This means support from someone who may already have experience of completing a support plan.

## **A Personal Assistant**

- Is the person you choose to work for you and support you in a way that is right for you.

# If you want to know more...

**0300 300 8303** (office hours)

**0300 300 8123** (out of office emergency duty team)

Email: **customer.services@centralbedfordshire.gov.uk**

online: **www.centralbedfordshire.gov.uk/asc**

## If you want to know more about Central Bedfordshire Together

Please visit [www.centraltogether.org.uk](http://www.centraltogether.org.uk)

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Central Bedfordshire Together provides the vision and strategic direction to improve the quality of life for all in Central Bedfordshire, by encouraging local partnership working across the public, private, community and voluntary sectors.

