



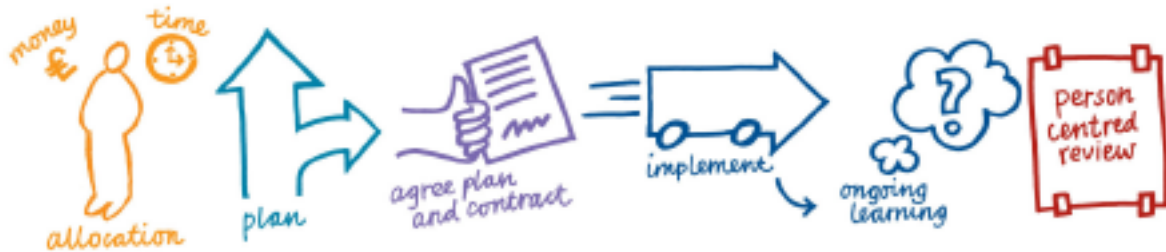
Planning Live Toolkit

An introduction for families and friends

What is the personalisation journey?

We are trying to find ways to give people who live in group or shared settings a more personalised service.

At Dimensions, we call this the personalisation journey.



It means enabling the people we support to have choice and control over what they do, how they spend their time, who supports them and how they are supported.

To do this we use their **Personal Budget** or Individual Service Fund to specify exactly what each person expects from their support.

What is Planning Live?

As part of the **personalisation** journey we hold events for family and friends to come together with their relative and the people who support them.

These events, which can last over one or two days, are called Planning Live. They give everyone the opportunity to learn about making the most of support plans and to make great plans for the future.

The events are inclusive, engaging and bring together everyone who is important to your relative.

They are designed to help give you the chance to listen to what's important to your relative and discuss how to plan for a 'perfect week'.

It is a great opportunity for the people who are important to your relative to get together and think creatively about ideas for a future with meaning and contribution.

We will support your relative to really get involved in Planning Live and hope you can join us. Please encourage other family and friends to come along too.

Please let us know if you or anybody else who is coming will need support to take part.

What will happen at Planning Live?

The event will be broken down into a series of steps. Each step will be an important part in finding out more about your relative and writing their plans.

Step one

- Introduction to the event and the people there.
- More information about Dimensions' personalisation journey.

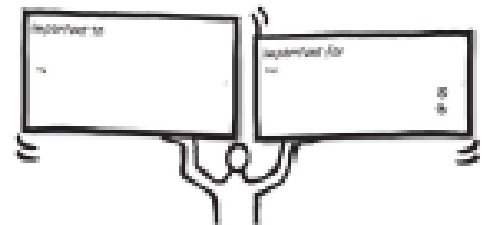


Step two

- Discussion held about what this means for individuals and their families.

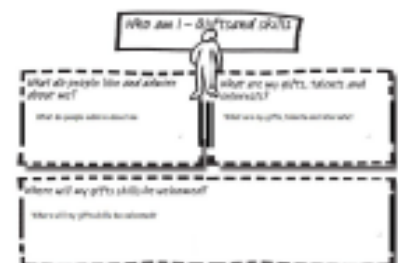
Step three

- Discuss what's important to your relative – what makes them tick.
- Discuss what's important for your relative – what keeps them healthy, safe and feel valued.



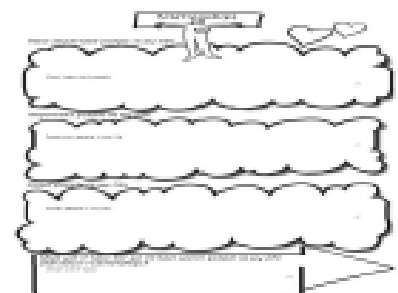
Step four

- Discuss and appreciate your relative's gifts and skills.



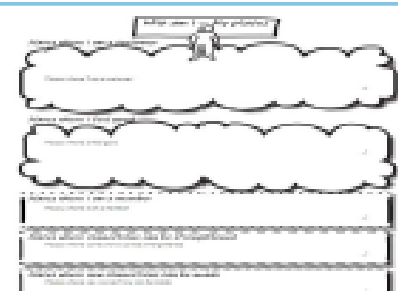
Step five

- Find out more about who the important people are in your relative's life.
- Explore how each person might be able to help.



Step six

- Talk about the places your relative goes to now and activities they may enjoy.
- Discuss where else they could go and how they could contribute..



Step seven

- What are your relative's hopes and dreams for life?
- Talk about how we can use these to set a direction for the future.



Step eight

- Discuss what's working and what's not working in your relative's life and look at it from different points of view.



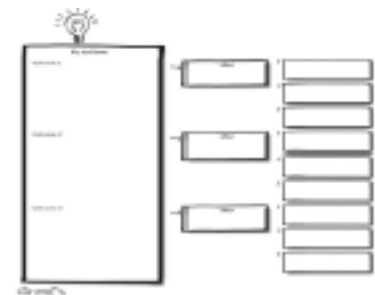
Step nine

- Write down any questions to answer and issues to resolve.



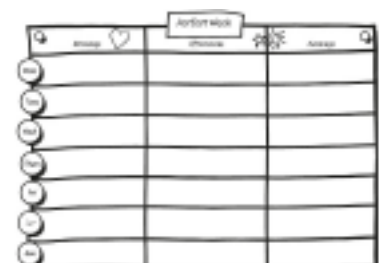
Step ten

- Talk about what your relative would like life to be like this time next year.
- Discuss what we can do to make this happen.



Step eleven

- Design a 'perfect week'.



Step twelve

- Make an 'action plan.'



Key terms

Key terms are those highlighted in blue. They are defined as:

- **Personal Budget:**
The funding that a person is entitled to for their support and they can choose how it is spent.
- **Personalisation:**
People are in the driving seat of their own support, whatever setting this is in and however they receive their funding. They decide, with the support of family and friends, how, who with and where they spend their budget in order to meet their needs and achieve their desired outcomes.

Before the meeting

The following pages are for you to complete and bring to the event so you can be prepared for the activities and discussions at Planning Live.

We can give you more booklets for family members and friends who can't make it to the meeting but would still like to take part.

Please be honest when filling in the boxes, especially when writing down what's working and what's not working. We want to support your relative well and we are happy to learn from your experience and any mistakes we might be making.

Please tell us what you think is working and not working about how we support you and your relative with things to do with diversity, fairness and equality. This might be about cultural or religious matters, voting, lesbian and gay rights, being an equal citizen and much more.

If you would like help completing these sections please contact the lead support worker or manager of your relative's service.

Important to the person

What's this?

These are the things that really make your relative tick, such as listening to their favourite CD before getting up each morning, going swimming at least twice a week or their collection of keyrings.

Why?

We want to make sure the people we support have a good balance of things that are important to them as well as making sure they are healthy and safe.

Your views

Important to the person

What's this?

These are things that are important for making sure your relative is healthy and safe. They can include; health checks, medication, diet and exercise, their emotional and financial well-being and communication. We also need to keep in mind the things people need to do to be respected by the wider community, such as personal hygiene and appearance.

Why?

We want to support people to stay healthy and safe in a way that lets them lead a full and active life. For some people having a job is a good way to keep them emotionally and physically healthy, as well as helping them connect with the wider community.

Your views

Appreciation of gifts and skills

What's this?

These are the things a person is good at and the things about them that other people value.

Why?

These gifts and skills give your relative an opportunity to achieve something and to make a contribution to their community. We want people to feel valued, respected and appreciated in their community.

Your views

Relationships and connections

What's this?

These are the important people in your relative's life, and the things they can contribute.

Why?

People with learning disabilities often lose contact with people who have been important to them and we don't want this to happen. People are often willing to get involved and this is a good opportunity to ask them if they'd like to.

Your views

Please bring photographs of the people who are important to your relative.

Community map

What's this?

This is a map of all the places your relative goes to now, as well as the places they could go to in the future. It highlights things that interest them and that are important to them.

Why?

We link this to the important people in your relative's life and use it to help design the 'perfect week'. We look for places where people can make a contribution and get involved using their gifts and skills.

Your views

Dreams

What's this?

These are the things your relative would like to achieve and what they would really like to do with their life if they could.

Why?

This is not a promise of things that will happen but it is an opportunity to set a direction. It will help the planning for what is possible now and where it can be developed.

Your views

Don't be afraid to be ambitious and creative.

What's working and what's not working

What's this?

This is where we ask for three different perspectives on what's working and what's not working. We ask the person we support, their family and friends and their support - which can include Dimensions and other paid support.

Why?

We want to change the things that are not working and make sure we continue with the things that are going well. Your views are really important to us and may change the way we not only support your relative, but also how we work with other families.

What's working?

What's not working?

What needs to happen next to build on what's working and change what's not working?

Thank you for coming to the Planning Live event

We value your opinions and the contribution you make to your relative's life.

Please let us know about any concerns you have during the year, you don't need to wait until the next annual review.

The Family Consultants are here to help you so please stay in touch.

How to contact us

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