

# Writing your Support Plan

An EasyRead guide to planning support



Essex County Council

# About this booklet



Essex County Council wrote this booklet.



This booklet is for:

- People with disabilities.
- People who need care and support over a long time.
- Family, carers and support workers.

This booklet tells you:

- What a support plan is.
- When you should write your support plan.
- What you should write in your support plan.
- What happens after you have written your support plan.



# What is a support plan?



A support plan will help you think about:

- Your health
- Your mental health
- Your social needs – this means going out and meeting people.
- Your communication needs



A support plan will help you think about what is important to you and the things you want to do.



It is a record of the help you need to do the things you want to.



It will help Essex County Council to decide how much money you need to get the support you need.

# Writing your support plan



During your social care assessment you will talk about:



- The things you can do for yourself.



- How you are already supported.



- If you need any special equipment.



- If you need any more support.



- If you will need to pay anything towards to your care.



After your assessment your social worker will tell you if you need to write a support plan.



You must write your own support plan, but you can get help from someone you trust.



When you write your support plan you should write about:



- The things that are important to you.



- The things you want to do.



- What a good life looks like to you.



- How you will use your support.



- What you will do if anything in your plan goes wrong.



You can include services like:

- Care at home.



- Day centres or clubs.





- Volunteering.



- Personal assistant.



You will need to write:

- How much your support will cost.



- How you want to be paid.

If you want to receive a Direct Payment you will need a separate bank account for this.



- How you will arrange your support.
  - organise it yourself
  - ask us to organise it
  - ask a company to do it
  - organise parts yourself and ask others to do some.



You can write your support plan in whatever format is easiest for you, for example EasyRead.



You can get help to write your support plan from someone you trust like:

- Friends or family
- Your support worker
- Someone from school or work.



If you have an advocate, they can help you write your support plan.



Or you can ask a company such as We Are Purple to help you write your support plan.

# What happens next?



Your social worker will check your support plan to make sure that:

- It meets your needs
- You are kept safe
- That it is legal



After your social worker approves your support plan you can start to do the things you have written in it.



Your social worker will agree a date with you to review your support plan.





## How to contact us



To find out more about our services visit our website [www.essex.gov.uk](http://www.essex.gov.uk)



Telephone [0345 603 7630](tel:03456037630).



You can write to us at:

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