

<b>COMBINED SUPPORT PLAN</b>	
<b>Support plan for</b>	
<b>Agreed with</b>	Joe Smith, Dr A, S/N B, OT C, Psychologist D, Pharmacist E
<b>Start date</b>	31.05.2019
<b>What do I want to achieve?</b>	To be more independent
	To continue with my recovery and continue to develop life skills.
<b>Short term goals</b>	Improve physical health- reduce my weight and get more exercise.
	Prepare for community living- take more responsibility for myself care, my money and my living environment.
<b>Long term goals</b>	To move to a supported accommodation in the community
	To reach my optimum mental and physical health.
<b>What are my strengths?</b>	I feel able to approach staff with difficulties
	Engaging with staff, I have developed close attachments. This was something I really struggled with before.
	My personal care has improved I like looking smart. I have developed a sense of responsibility for myself. Sustaining activities.

### Current schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
AM Gym Bath Coffee  11- Community meeting on ward	AM	AM Gym Bath Coffee	AM 10:00 library volunteering	AM Gym Bath Coffee  I may also want to attend Football group.	AM	AM
PM  13:30 Library volunteering	PM	PM  16:00 Cooking in the training kitchen	PM  16:00 Cooking in the training kitchen	PM  16:00 Cooking in the training kitchen	PM  Cinema outing with staff.	PM

People involved in my care	Contact numbers
Consultant A	Contact through switch board
Key worker B	01XXXXXXXXXX
Co-Key Worker B1	01XXXXXXXXXX
Occupational assistant C2	01XXXXXXXXXX
Occupational Therapist C	01XXXXXXXXXX
Mental Health Officer (MHO)F	01XXXXXXXXXX
G (Activities Nurse)	01XXXXXXXXXX
H (Activities Nurse)	

### What support do I need to achieve my goals?

SUPPORT	WHO will support this	Date starting	Date complete
<p><b><u>Mental Health</u></b>  I need assistance from staff to maintain my optimum level of mental health.  I find it hard to articulate my emotions, in the past I have absconded and taken illicit substances when my mental state has deteriorated.</p> <p>The following helps with my recovery</p> <ul style="list-style-type: none"> <li>• Taking medication- I am currently supervised to self medicate using a dosette box provided by pharmacy weekly.  I like having this responsibility however at times I forget so staff should prompt me at med times and then recorded that they have observed me taking them.</li> <li>• Engaging with activities – I feel better if I engage with a routine of various activities weekly. At times, I refuse to attend my activities and staff then see a marked deterioration in my mental state.</li> <li>• I enjoy 1:1 time with staff, as it helps me to reduce my anxiety. I enjoy going for a coffee and going to the cinema with the staff. When my mental state deteriorates, I can refuse 1:1 time and became self isolative.</li> <li>• Staff are to offer me 1:1 time daily.</li> </ul>	<p>Joe, B  (keyworker)  All staff</p>	<p>31/05/19</p>	

<ul style="list-style-type: none"> <li>• My key worker should have at least 3 x 1:1 weekly with myself I enjoy this time it gives me the opportunity to discuss any anxieties I may have as well as keeping me focused on my goals and achievements.</li> <li>• I will also have the opportunity to meet with my consultant Dr A once a week at the ward round. I often refuse this but should always be asked as I may ask staff to speak to her on my behalf.</li> </ul>		31/05/19	
<p><b><u>Physical Health</u></b> Engaging in exercise and sticking to a healthy eating plan are beneficial to my health.</p> <ul style="list-style-type: none"> <li>• Staff will assist me to make healthy meals in the training kitchen 3 times weekly. I need help with menu planning I can find it hard to think of new ideas re recipes and staff should help with this and support me to use cookery books and the internet. I get £5 each time for my meals from the ward cooking fund.</li> <li>• I will also need help to complete my menu card daily to help me make the healthiest choices.</li> <li>• I am trying to lose weight my current weight is 102.25.kg 24/05.</li> <li>• Staffs are to weight me once a week. I benefit and like it when staff praise me when I have lost weight. Staff are to do a set of physical observations once at the weekend.</li> </ul> <p>At times I can find it frustrating that my diet is restricted, I ask other patients and staff for food. I can become irritable at these times. However I benefit from staff encouraging me to continue with making healthy eating choices and praise me when I do so.</p>	Joe, All staff	31/05/19	
<p><b><u>Finances</u></b> I find it helpful that I am under corporate appointee ship as it provides more structure to my spending and it prevents me from overspending. At times I can feel frustrated that my finances are restricted and I do attempt to push boundaries regarding my financial care plan.</p>	Joe, All staff	31/05/19	

<p>Myself and B have created a financial care plan that allows me to save money fortnightly, so I can buy myself clothes and nonessentials like a games console and games a few times a year.</p> <p>My financial plan reads as follows:</p> <p><b>£57</b> a week is ordered and received on the ward on <b>Wednesday</b>.</p> <p>On Wednesday , I can buy my <b>Tobacco (2 x 50g) £38 Unsupervised</b>. I need to bring back receipts. However I am to <b>spend £ £4.65 supervised</b> on the following items:  <b>Filters £1</b>  <b>Lighter 0.65</b>  <b>Toiletries £3</b></p> <p><b>Three times a week, I like to go out for a coffee. However this must be after I have attended a physical activity and showered/had a bath. These days are Monday, Wednesday and Friday. The days are not to be changed before speaking with my key worker. I can have £ 2.75 unsupervised and I must bring receipts back.</b></p> <p>This will allow me around <b>£30</b> a fortnight to be saved in my account. This will be for clothes and such when I require them. I can also buy a wifi top-up from this money on a monthly basis. The cost will vary every month.</p> <p><b>All other money and extra spending must be pre planned with my key worker. No extra money is permitted daily, despite I may push for extra. I am to be reminded of the advantages of saving money for my bigger purchases.</b></p>		31/05/19	
<p><b><u>Personal Care</u></b>  It is important that I attend to my personal care. This is an area that I particularly neglected when I was unwell:</p> <ul style="list-style-type: none"> <li>• I prefer having a bath to showering, I will try to have bath once a day. I like to have my bath in the morning as it freshness me up for the rest of the day. I sometimes also need reminding to buy toiletries.</li> <li>• My bed space can get a little chaotic if I don't attend to it. Staff should remind me to tidy my bed space and offer assistance if needed.</li> <li>• I am to allow cleaning staff into to my room every day to attend the generalised cleaning on the ward. I have agreed this will be no earlier than 1030am.</li> </ul>	All staff	31/05/19	

<p><b><u>Tobacco</u></b> I smoke half a pouch of tobacco daily. I find it frustrating when I run out of tobacco and I can become very irritable when I do not have access to tobacco.</p> <ul style="list-style-type: none"> <li>• Staff should encourage me to smoke out with the hospital grounds. I am not to smoke in my room.</li> <li>• On return to the ward I have agreed I will hand my lighter and tobacco in to staff for safe keeping this also helps with the temptation to smoke in my room.</li> </ul>	Joe, All staff	<b>31/05/19</b>	
<p><b><u>Activities</u></b> Activities that I am involved in are as follows:</p> <ul style="list-style-type: none"> <li>- Attending the gym</li> <li>- Attending volunteering at the library</li> <li>- I like playing my games console with other patients and staff.</li> <li>- I enjoy trips out for coffee and the cinema.</li> </ul> <p>I purchased a bike last year and really enjoyed going out with staff on this. I haven't used it much as yet this year and would like to get more use. G has agreed that we will try to get out on the bikes once a week.</p> <p>C (OT) and C2 (OT assistant) will assist me to explore my interests and look for activities in the hospital and local community.</p> <p>1:1 time with staff- My key worker and I should sit down at least 3 times a week, to discuss any difficulties I may be having.</p>	Nursing staff, Joe, OT staff and Activity nurse.		

<b>Date we will review this support plan</b>	After next ICP review on the 10.7.19 I will meet with B, my key worker to set goals for next 3 month period.
<b>Any comments I want to make about my support plan</b>	I am happy with this plan and know that I can make changes to this at any time after discussion with my Key worker.
<b>Signed</b>	<b>Person:</b> Joe Smith
	<b>Key worker:</b> Nurse B
	<b>Date:</b> 31/05/2019