

COMBINED SUPPORT PLAN	
Support plan for	
Agreed with	Joe Smith, Dr A, S/N B, OT C, Psychologist D, Pharmacist E
Start date	31.05.2019
What do I want to achieve?	To be more independent
	To continue with my recovery and continue to develop life skills.
Short term goals	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.
Long term goals	To move to a supported accommodation in the community
	To reach my optimum mental and physical health.
What are my strengths?	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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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><u>Mental Health</u> 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"> • 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. • 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. • 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. • Staff are to offer me 1:1 time daily. 	<p>Joe, B (keyworker) All staff</p>	<p>31/05/19</p>	

<ul style="list-style-type: none"> • 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. • 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. 		31/05/19	
<p><u>Physical Health</u> Engaging in exercise and sticking to a healthy eating plan are beneficial to my health.</p> <ul style="list-style-type: none"> • 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. • I will also need help to complete my menu card daily to help me make the healthiest choices. • I am trying to lose weight my current weight is 102.25.kg 24/05. • 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. <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><u>Finances</u> 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>£57 a week is ordered and received on the ward on Wednesday.</p> <p>On Wednesday , I can buy my Tobacco (2 x 50g) £38 Unsupervised. I need to bring back receipts. However I am to spend £ £4.65 supervised on the following items: Filters £1 Lighter 0.65 Toiletries £3</p> <p>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.</p> <p>This will allow me around £30 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>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.</p>		31/05/19	
<p><u>Personal Care</u> 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"> • 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. • 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. • 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. 	All staff	31/05/19	

<p><u>Tobacco</u> 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"> • Staff should encourage me to smoke out with the hospital grounds. I am not to smoke in my room. • 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. 	Joe, All staff	31/05/19	
<p><u>Activities</u> Activities that I am involved in are as follows:</p> <ul style="list-style-type: none"> - Attending the gym - Attending volunteering at the library - I like playing my games console with other patients and staff. - I enjoy trips out for coffee and the cinema. <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.		

Date we will review this support plan	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.
Any comments I want to make about my support plan	I am happy with this plan and know that I can make changes to this at any time after discussion with my Key worker.
Signed	<p>Person: Joe Smith</p> <p>Key worker: Nurse B</p> <p>Date: 31/05/2019</p>