

Name



**Good things about me**

What people like about me?  
What people admire about me?



**Important things to me**

What things are important to me?



**The right kind of support**

What kind of support I may need and how I want to be supported?




**Name**

**Date**



**What is important to me?**

*When someone reads your support plan, he or she needs to get a good picture for example who you are, what interests you have, your lifestyle, the important people in your life, what you like, what you don't like, your future goals / desires / dreams.*



**What things are good in my life now?**

*The support plan must show what things are good at the moment in your life.*



**What things would I like to change in my life?**

*The support plan must show what things you want to change in your life.*



**How the services that I use work for me?**

*The support plan needs to show for example what services you need and use or have used, which services work well for you, which services do not work well for you, what services or support would you need in addition to existing ones.*



### **What do I want to achieve with self-directed support? How to use the money I have available for my own support?**

*The support plan should show what things you want to achieve with your self-directed support. For example better support or services, independence, homeownership and housing support, more friends, new things to do etc.*



### **How do I use the money I have available for my own self-directed support?**

*The support plan must show how you are going to use your self-directed support to make the changes you want in your life. The plan should tell how you would like to organize the support you need (for example from whom you would like it to be purchased). It needs to be clear in the support plan that how much the things that you have planned to execute costs in month and in a year.*



**How do I make decisions about using my self-directed support?**

*The support plan must show what decisions you are going to make yourself regarding your self-directed support. The support plan must show what matters you need support in, regarding decision-making, and who supports you in making those decision.*



**What are the risks in my plan? How can I reduce the risks?**

*The support plan must show what risks there are in executing the things you have been planning. The plan must also show how to reduce those risks.*



### **How do I and others proceed to execute this plan?**

*The support plan must show how you and others are going to execute the plan, and when. The support plan must show achievable goals that can be later evaluated as to whether they have achieved the goals or not.*



### **Approving or changing the support plan**

*You need to go through the support plan together with the social worker or service manager. The employee evaluates while discussing with you, whether your plan can be approved as it is, or whether the plan still needs to be specified or changed.*