**SUPPORT PLAN FOR HN (20 HOURS/WEEK)**

**KEY NEEDS;** Independence skills, emotional wellbeing, education, community integration

**WEEKLY BREAKDOWN**

1. **LIFE SKILLS DEVELOPMENT (5 HOURS)**

Aim: To help HN build the necessary skills for living independently

* Staff should ensure HN is being supported with how to plan his meals for the week i.e budgeting for groceries and cooking nutritious meals and help HN in budgeting for household essentials – How and when add to weekly planner
* Staff should guide HN on cleaning public areas after use and maintaining a safe environment for everyone in the house How and when add to weekly planner
* Staff should support HN on opening a bank account and help HN with understanding how to save money How and when add to weekly planner

1. **EMOTIONAL AND PSYCHOLOGICAL SUPPORT (5 HOURS)**

Aim: To address emotional wellbeing, mental health and trauma

* Staff to have regular check in with HN to assess emotional well-being, trauma and general feelings of security How and when add to weekly planner
* Staff to work with Young Minds (mental health support) if necessary, how will we know if it is necessary? how long do we wait until we make the referral and who will follow up on this? How should findings be recorded and who will monitor them?

1. **EDUCATION (5 HOURS)**

Aim: To encourage HN participate in education

* Staff to support HN with enrolling in Education - How and when add to weekly planner
* Staff to support HN with his online learning (My ED app) is there any time this has to be done? if not can we allocate time on the planner.
* Staff to support HN with identifying career path and what he wants to do in the future. add how this will be done and what days staff should support with this

1. **COMMUNITY INTEGRATION (5 HOURS)**

Aim: To facilitate engagement with the wider community and promote

* Staff to identify HN’s interest and support him with social groups within that interest such as Youth clubs, sports team, etc. add time on planner as to when staff should do this and how it should be followed up.
* Staff to support HN on how to use public transportation (buying tickets, understanding routes) how and when, add to planner.