

## Care and Support Plan

Prepared for:  
Miss Luisa Lockhart  
Cuttlestone Court  
Flat 4  
23-27 Coach Lane  
West Bromwich  
B71 3MQ

Assessor: Alison Bailey

Date of assessment: 24/05/19

Team: All age disability

Who has supported me to make this plan?
Guy Fletcher – friend/advocate Noah Sims – Cuttlestone Court Manager and Corporate Appointee Helen Solloway – Social Worker

Eligible Outcomes	Is this an eligible need?	What I want to achieve and how I plan to achieve it	Primary type of support chosen
Maintaining a habitable home environment	Yes	I will need my support staff to prompt and encourage me to maintain good standards. I will need them to only physically assist me with tasks that are difficult for me to manage alone. I want to be supported to be more independent in this area of need.	Supported Living
Managing and maintaining nutrition	Yes	I can make snacks and hot drinks for myself. I need the support staff to help me prepare and cook my hot meals, devise healthy eating plans and encourage me to manage my diet.	Supported Living
Managing toilet needs	Yes	I can find and use the toilet without support. I use pads to reduce the risk of accidents. The support staff remind me to dispose of pads properly.	Supported Living
Maintaining personal hygiene	Yes	I can manage my own personal hygiene. I need support staff to prompt and encourage me to achieve good personal hygiene.	Supported Living
Being appropriately clothed	Yes	I can dress and undress myself. Staff help me choose for hot and cold	Supported Living

		weather. They prompt and encourage me to put my dirty clothes in the washing machine each week. They check I have selected the correct wash programme and remind me to take them out to dry. The staff monitor me to ensure I have clean clothes each day.	
Developing and maintaining family or other personal relationships	Yes	I have a mobile phone to keep in touch with Guy and support staff help me dial the numbers. I get anxious when people call me whom I do not know and support staff usually answer for me. I will see my friends when I go to my activities and will get the a private taxi there alone.	Supported Living
Making use of necessary facilities or services in the local community including public transport and recreational facilities or services	Yes	I can make use of necessary facilities and services in the community. I want to explore new recreational services nearer to where I live, I will need support agencies to help me with this need.	Other
Accessing and engaging in work training, education or volunteering.	Yes	I would like to explore volunteering opportunities and will need to have help finding the right opportunity for me. I will need support from Cuttlestone court staff. My social worker will make referrals to appropriate services that can assist me.	Universal services
Carrying out any responsibilities that you have for a child	No	N/A	
Being able to make use of your home safely	Yes	I would like to have some help with keeping safe during the day and night time. I can follow learnt health and safety instructions but recently the fire evacuation protocols have changed and will now need support with this.	Supported Living
Maintaining your physical and mental health wellbeing	Yes	I know when I do not feel well but will need staff to help me make appointments when I need them.I have issues with my mental health and wellbeing. I need support staff to monitor my moods and wellbeing.	Supported Living

		Support staff are currently administering medications. I want to be more independent with this and have used a pill dispenser in the past which helped me to be more independent. I would like to learn to use this again.	
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**Risks associated with the things in my plan and how they will be reduced**

Any reduction in Miss Lockhart's support hours could increase the risks of herself neglecting or becoming more isolated. Staff need to monitor and support her in new social, recreational and voluntary opportunities to ensure her safety.

FOR TRAINING USE

## Version History

**Title:** Louisa Lockhart Care Plan

**Programme:** IRPBR-NSJ

**Author:** Clinical Training Team

Version	Date	Sign off	Summary of changes
V1.0	19.08.19	Shah Faisal	New Document
V1.1	17.01.20	Pauline Sweeting	Corporate appointee added
V1.2	27/08/2020	Kim Lawley	A9 Update