



# Adriel Supported Living LTD

## Support Plan

...Michael Foster.....20210218 MF SA

Assessment Date:	18/02/21	Assessed by:	HAZEL ZHAKATA	
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**CONFIDENTIAL**

<b>Client Name:</b> Michael Foster	<b>Date of Birth:</b> 07/05/2003
<b>Address:</b> 48 Tennyson Road, Southampton SO17 2GW	
<h3>OVERVIEW OF CLIENT'S CIRCUMSTANCES</h3> <p>MF is a 17 year old who was placed in our care on 17/02/21. He is currently in college studying animal care. He loves animals and enjoys going out for walks to watch the birds and greet dogs that he meets along the way. MF is extremely anxious and needs high emotional support.</p> <p>MF was placed in our care urgently because he exhibited extreme anxiety and had an outburst which led to the distress of another YP. He was in a long term foster care arrangement before he was moved to supported lodgings on 18/01/21.</p> <p>MF is always quick to say 'have i done anything wrong? or I'm sorry I did not mean to make you angry'. MF can also be susceptible to financial manipulation as he has given strangers and homeless money to the tune of £60 thinking he is being generous to them. He is friendly and soft spoken and respectful to his carers.</p>	
<b>Services requested:</b> 24/7 supported living	

Signed: H Zhakata

Date: 18/02/21

## SERVICE PROVIDER

<b>NAME:</b>	Adriel Supported Living
<b>CONTACT:</b>	Care Manager: Hazel Zhakata
<b>COST OF PROVIDING 24HR SUPPORT &amp; COST OF RENTING A FLAT:</b>	<b>I NEED:</b>  <b>£1,459.07</b>
<b>Preferred/Recommended placement:</b>	Address of service: 48 Tennyson Road, Southampton SO17 2GW

<b>Staffing</b>	<b>1 support worker on day shift 1 support worker waking night</b>
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## NEEDS ASSESSMENTS & SUPPORT PLANS

COMMUNICATION					
	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN</b>  <b>1</b>  <b>COMMUNICATION</b>	Staff to support me to build relationships with friends and relatives safely Staff to support me with communicating with my social worker and all the agencies that works for me	Staff to support me with prompts to call my mum and sister weekly Staff to support me with my emails and calls as needed		To become independent in maintaining my relationship with my loved ones To be independent in communicating with agencies that looks after	<ul style="list-style-type: none"> <li>Support staff</li> <li>Management</li> <li>MF</li> </ul>
<b>Additional Service User's/ Parent/Advocate views at Review</b> I would like to become independent and maintain relationships					

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MOBILITY					
	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 2 ACCESS EDUCATION</b>	Staff to support me access my education Staff to support me with my school work	Prompt him to prepare for education in the morning so that he is not late for school daily. Staff to support me with homework daily.		To become independent on accessing my education and carry out my school work.	<ul style="list-style-type: none"> <li>• Support staff</li> <li>• MF</li> </ul>
<b>Additional Service User's/ Parent/Advocate views at Review</b> I would like to be independent to access my education					

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TRANSPORT					
	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 3 TRANSPORT</b>	Staff to support me by learning new bus route route in Southampton when Covid 19 regulations are relaxed	I go to school Tuesday Wednesday and Thursday. Once a week when Covid 19 regulations are lifted staff support me to gain Independence on using public transport		To become independent, arrange my own transport and be able to access public transport safely	<ul style="list-style-type: none"> <li>● Support staff</li> <li>● Management</li> <li>● MF</li> </ul>
<b>Additional Service User's/ Parent/Advocate views at Review</b> I would like to be independent enough to arrange my own transport					

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PERSONAL CARE					
	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 4 Managing social media</b>	Staff to support me access and manage social media effectively and safe	daily		To become confident in using social media safely	<ul style="list-style-type: none"> <li>• Support staff</li> <li>• Management</li> <li>• MF</li> </ul>
<b>Additional Service User's/ Parent/Advocate views at Review</b>  I would like to be confident in using social media safely					

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EATING/DRINKING					
	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER'S VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 5 EATING/DRINKING</b>	Staff to support me to maintain a healthy diet	Staff to support me write my healthy food shopping weekly  Staff to support me to prepare cook and clean after myself		To become more independent in maintaining a healthy diet	<ul style="list-style-type: none"> <li>• Support staff</li> <li>• Management</li> <li>• MF</li> </ul>
<b>Additional Service User's/ Parent/Advocate views at Review</b>  I would like to maintain a healthy diet					

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## CHALLENGING BEHAVIOUR

	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER'S VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 6 CHALLENGING BEHAVIOR</b>	I need support to help cope with my aggression .	Staff to support me to manage my behaviors outburst by identifying the triggers so that I avoid the triggers .		To minimize the risk of having behavior outburst Minimize the of a having anxiety	<ul style="list-style-type: none"> <li>● Support staff</li> <li>● Management</li> <li>● CAMHS</li> <li>● MF</li> </ul>
	Staff to support me to manage my anxiety .	<p>Staff to give me space to cool down when I am having an outburst to give a chance to cool down.</p> <p>Staff to listen to my concerns Weekly taking therapy to built reliance and strategies</p>			
<b>Additional Service User's/ Parent/Advocate views at Review</b> I would like to minimize my anxiety					

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MEDICATION					
	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER'S VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 7 MEDICATION</b>		<p>Staff to prompt me to collect prescriptions and submit it to the pharmacy and collect my medication.</p> <p>Support staff to monitor my medication, However I take my medication without help.</p> <p>Support staff to ensure my medication is administered regularly.</p> <p>My support staff and the professional involved in my care to inform and explain to me in detail about the reasons of any change in my medication.</p>		To maintain my well being	<ul style="list-style-type: none"> <li>• Support staff</li> <li>• Management</li> <li>• GP</li> <li>• other professional involved</li> <li>• MF</li> </ul>
<b>Additional Service User's/ Parent/Advocate views at Review</b>  I would like to manage to maintain my well being					

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ACTIVITIES					
	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER'S VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 8 ACTIVITIES</b>	I enjoy going for walks, playing on my x box and watching my television	daily		<p>To minimize risk of isolation.</p> <p>For stimulation whilst acquiring new skills and keeping my own choice.</p> <p>To promote my physical well-being.</p>	<ul style="list-style-type: none"> <li>• Support staff</li> <li>• Management</li> <li>• MF</li> </ul>
<b>Additional Service User's/ Parent/Advocate views at Review</b> I would like to acquire new skills and minimize the risk of isolation					

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## FINANCE MANAGEMENT

	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER'S VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 9 FINANCIAL MANAGEMENT</b>	<p>I am currently getting benefits and needs support to access my bank account ,and manage my online banking safely.</p> <p>I am at risk of being financially exploited</p>	<p>Support staff to support me in managing my money more effectively if it is needed.</p> <p>My support staff to supervise if I have any issues with finance at any time.</p> <p>My Support worker to teach me on how to access and manage my online banking and shopping safely</p> <p>My support worker to help me with budgeting and an amount to withdraw weekly</p> <p>My Support staff to help me access my online banking</p> <p>My support worker to assist me with managing my finances</p>		<p>To be financially stable and have adequate finance to buy food and other essential things for my day to day.</p> <p>To be able to manage my finances</p>	<ul style="list-style-type: none"> <li>● Support staff</li> <li>● Management</li> <li>● MF</li> </ul>

### Additional Service User's/Parent/Advocate views at Review

I would like to be financially stable and to manage my finances

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CLEANING AND MAINTAINING A HABITABLE ENVIRONMENT					
	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER'S VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 10 MAINTAINING A HABITABLE ENVIRONMENT</b>	I need support with keeping my environment clean and making sure I am living in and maintaining a habitable environment.	Support staff to support me with cleaning my room more frequently.  Staff to ensure I clean up after myself after the use of the common areas  Staff to inspect my room once a week to ensure that I am keeping it clean	I want to be able to maintain a habitable environment	To become more independent in keeping the environment around me clean	Support staff Management MF
<b>Additional Service User's/Parent/Advocate views at Review</b>					
To be more independent to maintain a habitable environment					

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## HEALTH AND WELLBEING

	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER'S VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 11 HEALTH AND WELLBEING</b>	<p>Support to access GP</p> <p>Support with accessing the dentist.</p> <p>Supporting me accessing all the other agencies to do with my wellbeing</p> <p>Staff to support me to manage my anxieties</p>	<p>Support staff to assist me to register with a local GP and dentist</p> <p>My support worker to assist me to access all the other agencies to do with my health and my wellbeing</p> <p>Support staff to support me with accessing relevant agencies to help me cope and manage with my anxiety</p> <p>Staff to work with me and help me identify my anxiety triggers and how to manage them</p>		<p>To become registered with the local GP and dentist.</p> <p>To manage my fear and anxiety and reduce emotional outbursts</p>	<ul style="list-style-type: none"> <li>● Support staff</li> <li>● MF</li> </ul>

### Additional Service User's/Parent/Advocate views at Review

I would like to be able to manage my anxieties

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### DRUG MISUSE AND EXPLOITATION

	NEED	INTERVENTION/ACTION AND FREQUENCY	SERVICE USER'S VIEW	ANTICIPATED OUTCOME/GOAL	MAIN PERSON RESPONSIBLE
<b>SUPPORT PLAN 12 DRUG MISUSE AND EXPLOITATION</b>	In the event that I struggle with drugs I would like staff to support me in accessing Catch 22	Support staff to monitor my drug use		To avoid drug misuse	<ul style="list-style-type: none"> <li>• Support staff</li> <li>• Management</li> <li>• MF</li> </ul>
<b>Additional Service User's/Parent/Advocate views at Review</b> To avoid drug misuse					

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RESPECT AND SUPPORT MY:	WHAT DO I NEED SUPPORT WITH IN THIS AREA?	HOW CAN YOU SUPPORT ME IN THIS?
<b>CHOICES</b>	Support me to make choices about my life.  To make choices about what I spend my money on	<ul style="list-style-type: none"> <li>• Make sure you offer me choices wherever possible, such as in activities I want to do and when and where I want to do them. Give me time to process the options you have given me and plenty of time to discuss these with you.</li> <li>• Sometimes there are situations where it is not possible for me to make choices; explain to me why this isn't possible if I want to make choices in these situations.</li> <li>• Help me to purchase sensibly; show me choices of items I want to buy and help me to choose. Help me to prioritize my purchases to ensure I buy the items I <i>need</i> before the items I want.</li> </ul>
<b>RIGHTS</b>	Respect my civil and legal rights	I have the right to freedom and the right to make choices. Make sure I am kept fully informed and remember I have the right to choose my behavi.
<b>DIGNITY</b>	I have the right to dignity:	Please don't talk about me in front of me. Respect my right to dignity and talk to me If you need to talk about me, please discuss matters when I am not present.
<b>PRIVACY</b>	I have the right to privacy.	My support workers must respect my right to privacy and must not enter my bedroom without my permission. Please respect the mutual arrangement we have in respecting each other's privacy.
<b>DIVERSITY</b>	Respect my likes and dislikes and celebrate my differences	Please don't discriminate against me because of my likes or dislikes. Accept me for who I am and help me to pursue my interests. Recognize I am a unique individual and help others who may judge me to understand this and accept me. Support me in making friends and maintaining a social life.

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