

# Family plan: to help people stay well and live at home independently for longer

Use this document to help you manage your health and wellbeing from home with the help of loved ones, friends and your neighbours.

You don't have to fill in every field, just those parts that you want to change. See the example below for some ideas:

Look at the [Staying independent](#) page for ideas and ways to maintain your independence, and the [Community Directory](#) for low cost and no cost organisations that can support you.

## Example plan

What do you want to change or improve?	Why will this help?	How will you do it?	Who will help you achieve this?
Move more and prevent falls	Help me to keep safe at home, and if I do fall, I'll know how to get up safely	<ul style="list-style-type: none"> <li>Information about <a href="#">falls</a></li> <li>Find <a href="#">Steady and Strong balance class</a></li> <li>Find <a href="#">sports and activities</a></li> <li>Explore the <a href="#">NHS sitting exercises</a></li> <li>Read advice to <a href="#">stay steady</a></li> </ul>	<ul style="list-style-type: none"> <li>Watch <a href="#">video about preventing falls</a></li> <li>Go through the <a href="#">falls prevention checklist</a> with my family</li> </ul>
Eat well and drink more during the day	<p>Give me more energy</p> <p>Maintain a healthy weight</p> <p>Keep me hydrated to help prevent illnesses and infections</p>	<ul style="list-style-type: none"> <li>Information about <a href="#">eating well and staying hydrated</a></li> <li>Try <a href="#">online food shopping</a></li> <li>Drink plenty of fluids</li> <li>Eat fruits and veg with high water content</li> <li>Information about <a href="#">hydration and continence</a></li> <li>Find <a href="#">food delivery options</a></li> </ul>	<ul style="list-style-type: none"> <li>Keep a supply of interesting healthy foods and drinks at home</li> <li>Watch <a href="#">hydration video</a> for more ideas</li> </ul>

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Improve continence	Find out ways to manage it and improve everyday life	Find <a href="#">information about continence</a>	<ul style="list-style-type: none"> <li>Find <a href="#">ways to support myself</a></li> <li>Talk to my family and GP</li> </ul>
Look after my feet	Help me to move around my home safely and keep my feet healthy	Look into local <a href="#">foot care clinics</a> and <a href="#">podiatrists</a>	<ul style="list-style-type: none"> <li>Talk to pharmacy or GP about foot concerns</li> <li>Read information about <a href="#">foot care</a></li> </ul>
Find technology that can help me manage at home	Help me to keep safe at home and remind me to take my medicine	<ul style="list-style-type: none"> <li>Information about <a href="#">technology</a></li> <li>Information about <a href="#">care technology</a></li> </ul>	<ul style="list-style-type: none"> <li>Family and neighbours</li> <li>Information about <a href="#">care technology</a></li> </ul>
Get equipment to help me manage at home independently	Make my home easy and safe to move around in	<ul style="list-style-type: none"> <li>Information about <a href="#">equipment and adaptations</a></li> <li>Information about <a href="#">staying safe at home</a></li> </ul>	<a href="#">Local handyperson</a>
Be proactive about my health	Help me to maintain my health and independence	<ul style="list-style-type: none"> <li>Attend health checks when invited</li> <li>Get the jobs I am eligible for</li> </ul>	<ul style="list-style-type: none"> <li>My local pharmacy and GP surgery</li> <li>Optician and hearing specialist</li> </ul>
Keep my mind alert	Help me to maintain my independence	<ul style="list-style-type: none"> <li>Look at <a href="#">adult learning opportunities</a></li> <li>Ideas for <a href="#">keeping my mind alert</a></li> <li><a href="#">Home library service</a></li> </ul>	<ul style="list-style-type: none"> <li>Family and friends</li> <li>Local library</li> </ul>
Get online	Keep me connected with family and allow me to do my shopping and banking online	<ul style="list-style-type: none"> <li><a href="#">Library course for using computers</a></li> <li>Teach myself <a href="#">how to use the computer and phone</a></li> </ul>	<ul style="list-style-type: none"> <li>Family and friends</li> <li>Local library</li> </ul>
Stay connected, get out and about and maintain my social life	Improve my mood and make new friends	<ul style="list-style-type: none"> <li>Information about <a href="#">staying independent</a></li> <li>Find <a href="#">social clubs near me</a></li> </ul>	<ul style="list-style-type: none"> <li>Local community centres and social groups</li> <li>Local <a href="#">transport options</a></li> </ul>

What do you want to change or improve?	Why will this help?	How will you do it?	Who will help you achieve this?
Get involved in my community	Improve my wellbeing by helping someone else	<ul style="list-style-type: none"> <li>Information about <a href="#">volunteering</a></li> <li>Talk to local volunteer groups near me</li> </ul>	Find <a href="#">volunteering opportunities</a>
Prepare for the future	Support with managing my finances in the future, if I need it	Information about <a href="#">powers of attorney</a>	<ul style="list-style-type: none"> <li>Family</li> <li><a href="#">Government information</a></li> </ul>
Priority service register support	Additional support and advice, including when the supply is interrupted	Free registration for the priority service register with gas, electricity, and water suppliers	Contact utility suppliers to register for the <a href="#">Priority Services Register</a>

## Information for family and friends

When you're supporting a friend or loved one, you might feel like you should help them with everything. But sometimes we can do too much, which can unintentionally prevent someone from being as independent as they could be. [Watch the video](#) to find out more. It's important that you take the time to look after yourself. You can find lots of [information that can help you as a carer](#).

# My plan

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Move more and prevent falls			
Eat well and drink more during the day			
Improve continence			
Look after my feet			
Find technology that can help me manage at home			

<b>What do you want to change or improve?</b>	<b>Why will this help?</b>	<b>How will you do it?</b>	<b>Who will help you achieve this?</b>
Get equipment to help me manage at home independently			
Be proactive about my health			
Keep my mind alert			
Get online			
Stay connected, get out and about and maintain my social life			

What do you want to change or improve?	Why will this help?	How will you do it?	Who will help you achieve this?
Get involved in my community			
Prepare for the future			
Priority service register support			