

## **Case Examples**

### **1. Support Plan for A**

A is a 43 yr old woman with fluctuating physical and mental health difficulties. She has poor mobility and a history of falls. On good days she can walk short distances outside, using a frame. A's fluctuating health impacts on her wellbeing and ability to manage. She can find decision making particularly difficult when she is unwell. She lives alone and has very little support locally.

Following her **Self Directed Support - assessment**, A has been assessed as having critical risks which include:

- Practical aspects of daily living (managing her home)
- Meeting personal needs (personal care)
- Staying safe (prevention from harm from self or others)
- Making decisions (fluctuating capacity and risk)

A's **Self Directed Support - support plan** addresses her personal care needs, managing independently in her home, and access to learning opportunities and community services. It recognises that A is at risk of hospital admission if she becomes unwell. The support plan factors in extra support for A when she is most in need and identifies trigger factors.

A's **Self Directed Support - risk assessment and risk management plan** addresses the risks around A managing a Direct Payment and includes monitoring and reviewing arrangements and a payment method (pre-loaded payment card) which supports this.

### **2. Support Plan for B**

B is an 87 yr old woman who has left sided weakness following a stroke in 2005 and other physical disabilities. She lives in sheltered housing and has little support locally. B has a history of falls, and is at high risk of further falls. She needs help to manage her personal care and to access hot meals and drinks. B already had a package of care when she was admitted to hospital following a fall, she was very anxious about staying at home and was admitted for a short stay in residential care while considering her future care.

Following her **Self Directed Support - assessment**, B has been assessed as having critical risks which include:

- Staying safe (support to stay safe and prevent injury)
- Meeting personal needs (personal care)
- Time spent with other people (social isolation)
- Meals and nutrition (help with provision and preparation)

B's **Self Directed Support - support plan** addresses her personal care needs and other support to help her remain living independently in her home.

**B's Self Directed Support - risk assessment and risk management plan** addresses the potential benefits and harms of choosing to stay at home, or moving into residential care. It recognises that a risk of falls remains, but with increased support this is reduced and B's confidence is increased. B has chosen to return home with increased support to help prevent admission to hospital or residential care. Arrangements to monitor closely have been put in place.

### **3. Support Plan for C**

C is a 53 yr old woman with a moderate learning disability and fluctuating mental health difficulties. She lives at home with her extended family, is very dependent on them, and is only left alone for very short periods. C has little understanding of risk which means she needs support both at home and in the community. She can manage many aspects of her daily living with support and supervision, but when she is unwell she can become very withdrawn. C's assessment has identified that she needs help from Adult Services to enable her to have more choice and independence. The support provided by Adult Services also provides respite for C's family.

Following her **Self Directed Support - assessment** C has been identified as having substantial risks which include:

- Being outside her home (accessing the community)
- Work and learning (accessing education or work)
- Staying safe (prevention from harm from self or others)
- Making decisions (mental capacity and risk)

C's **Self Directed Support - support plan** addresses her wish to engage in activities outside the home, which is achieved with help from a support worker, and she attends Day Services.

C's **Self Directed Support - risk assessment and risk management plan** focuses on the potential benefits and harms of engaging in new activities in the community and how these can be managed keep C safe and to reassure her mother. Support from a personal assistant helps C to gain the skills she needs to become more independent.