



Living Well Care Plan

The Living Well plan is a chance for you to decide what story you share with the different people in your life.

The cards ask you about your passion, strengths, hopes and what support will work best for you. You can choose the parts you would like to fill in.

You own your plan, and it is for you to decide who you want to share it with. You can fill it in on your own or with your keyworker.

We ask that you bring it with you to support appointments, so that the staff around you start with your experiences and the things that are important to you.

If part of your plan changes, we can print you a new card for you to update.

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About me

Name:

Please call me:

About me:

My supporters:

Important things to know about me:

The **top things** I would like support with:

1

2

3

About me

When to use this tool

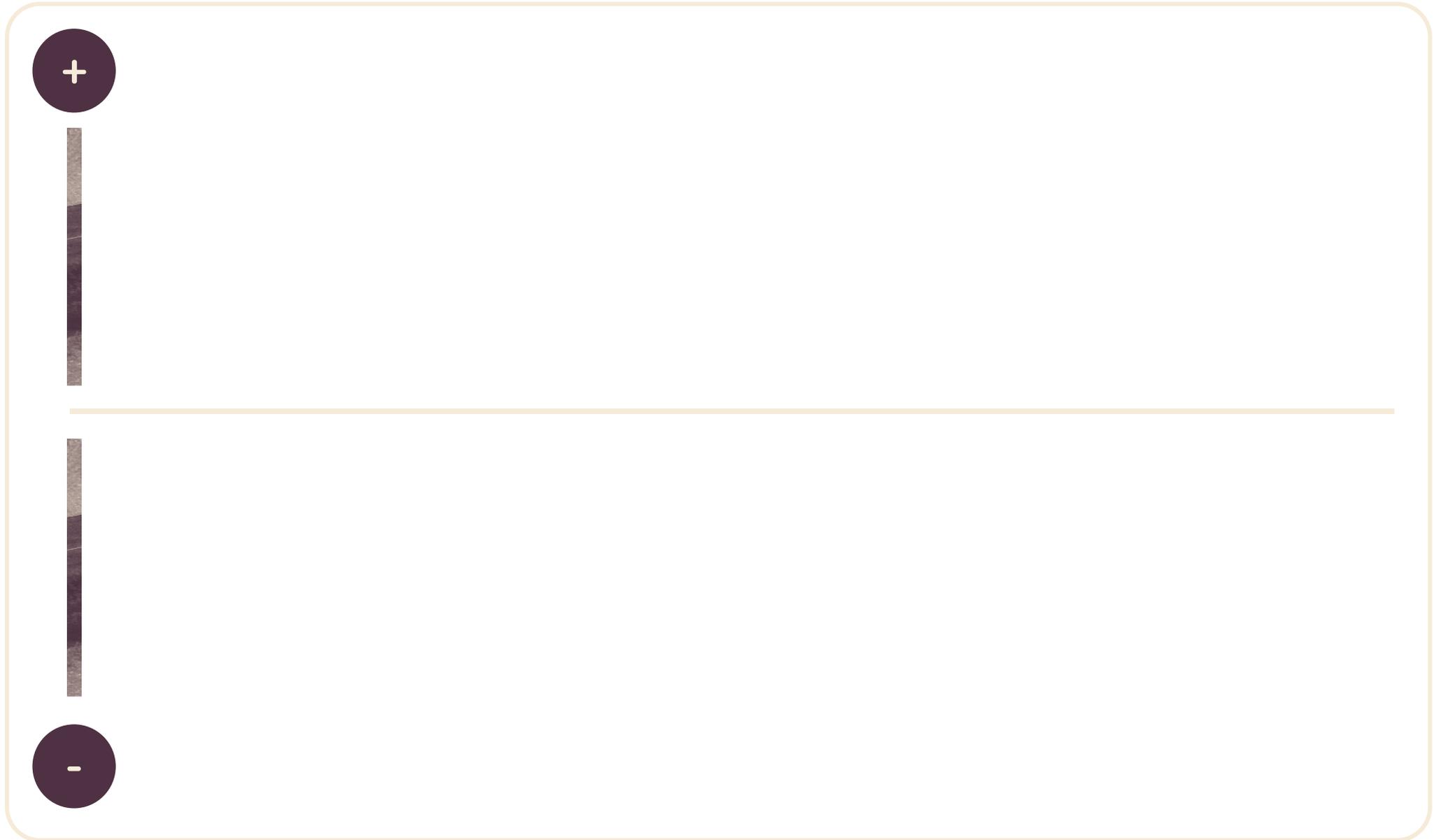
This is a summary of your plan. This will be the page you share with the different people who support you.

How would you use this tool

1. Add your name and a little bit about yourself.
2. Add important things that you would want other people to know about you, for example:
 - a. If I turn up with messy hair up you should worry about me
 - b. I need time to reflect on things and to read documents on my own
 - c. My partner is really important to my care and should be involved in all decisions
 - d. If I don't leave the house I get very anxious
3. Identify the things your would most like to focus on when working with Living Well.

My story

What is the journey you have **travelled so far**? What has brought you here?



My story

When to use this tool

- To reflect on your story and the key events that have happened to you.
- To share your story with others.

How would you use this tool

- Write or draw your story in whichever way feels most appropriate to you. This could focus on your whole life, or just part of your life. It is up to you how you write it or tell it.

Who am I?

What are all the things that make you, you?

Who am I?

When to use this tool

- To think about who you are and what you have to offer
- To help others understand you better

How would you use this tool

1. Draw a picture of yourself in the middle of the page
2. Around the picture, write or draw all the roles you take on one side of the picture, e.g.
 - a. A colleague
 - b. A partner
 - c. A friend
 - d. A boss
 - e. A carer
3. On the other side of the picture, write or draw all of your unique characteristics, e.g.
 - a. Good at bad jokes
 - b. A superb baker
 - c. Cleaning and organising
 - d. Sensitive
 - e. Making others feel loved
 - f. Building things
 - g. Creative
 - h. Very thoughtful
 - i. Love of plants
 - j. Fixing things

My strengths and skills

What are your strengths, gifts and passions?



**What are the skills you have -
the things you know how to do well?**

My strengths and skills

When to use this tool

- To think about what strengths and skills you can bring to the table

How would you use this tool

- Write down or draw the different strengths and skills you have. Some examples are given on this card.

Some ideas for 'what I am good at'

Skills:

Caring for others, using a forklift, carpentry skills, writing reports, filling out forms, making a budget, general household cleaning, keeping records of your activities, interviewing people, fashion advice, put people at ease, selling, singing, playing an instrument, cooking for large numbers, arts and crafts, hairdressing, driving, organising parties, car repairs, making others feel nice, writing poetry

Strengths:

Happy, adventurous, loving, caring, confident, creative, compassionate, courageous, curious, supportive, dependable, easygoing, energetic, fun, friendly, inclusive, forgiving, full of laughter, generous, good listener, hard-working, helpful, honest, encouraging, imaginative, insightful, interesting, full of knowledge, joyful, kind, likeable, loyal, motivating, open-minded, optimistic, patient, practical, positive, resourceful, strong, sympathetic, selfless, spontaneous, thoughtful, trustworthy, wise

My Community

Who are the people who make up your support network?



Who **understands you** the best?

Who **helps you** out? Who **do you help** out?

Who would you like to **spend more time** with?

Who could help you with your **goals**?

My Community

When to use this tool

- To think about who you would like to spend more time with.
- To identify who might be able to help with your goals.
- To help your key worker understand who is important to you.

How would you use this tool

1. Using the diagram, write or draw the people in your network on it, positioning them in the relevant circles. **This could be friends, family, staff or others in your community.**
2. Use the questions to think about **how you could use your network to increase your support.** Choose one person to start with and think about the support they might offer, and how you could ask them to help.
3. Repeat the questions with other people in your network. Continue as long as you would like to.

My week

Write down what you do and when. Use last week as an example - it is always easier to remember.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

Which are your **favourite moments**?

Which are the **most stressful moments**?

My week

When to use this tool

- To think about the things in your life that are going well and the things that could be even better
- If there is a new activity you would like to add to your week you can use this tool to think about how and when you will fit it in

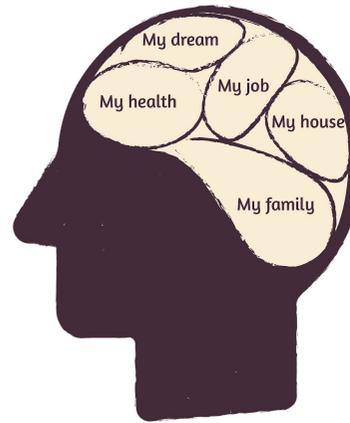
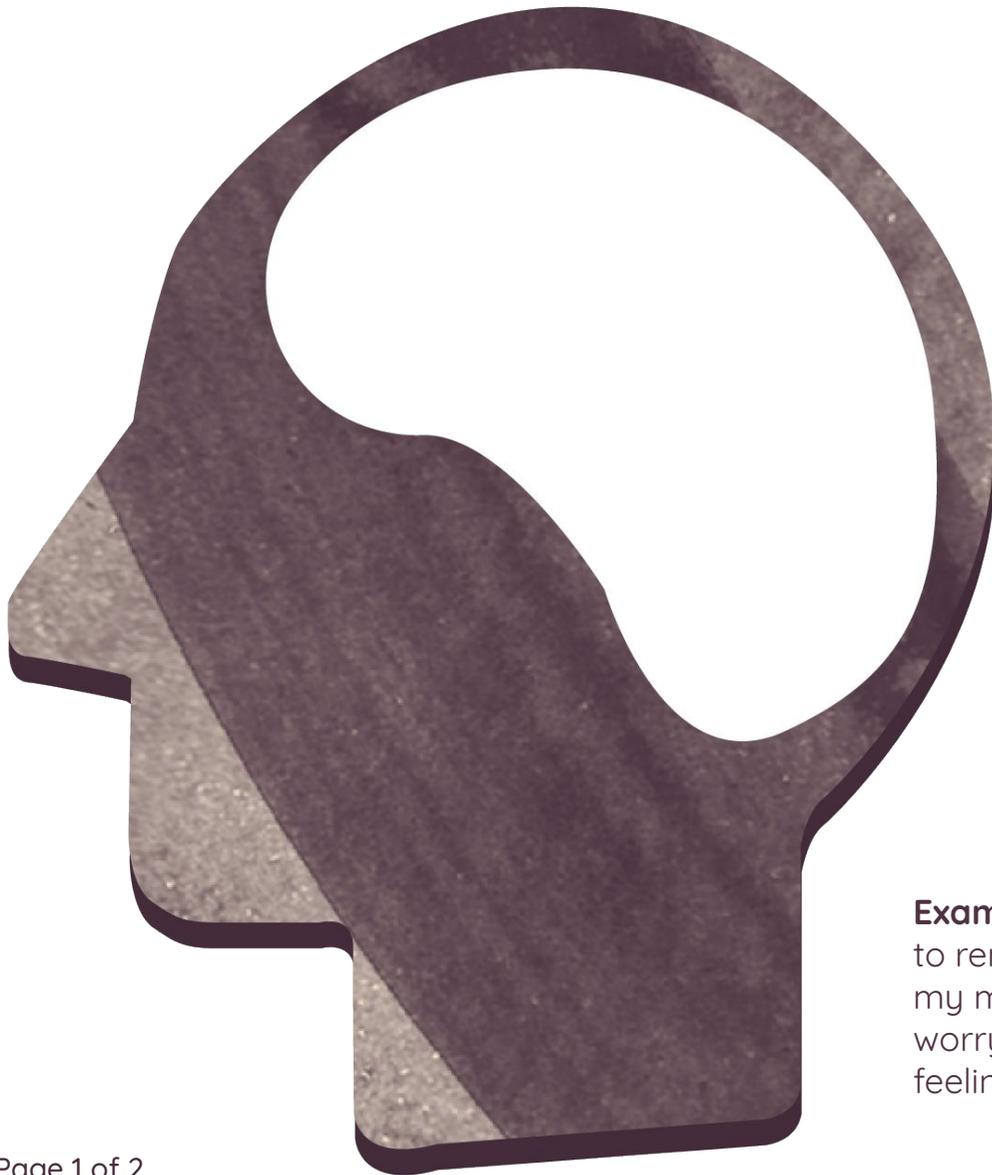
How would you use this tool

1. Map out the activities you do on a usual week - use last week as an example. You do not need to map every detail - but can **include the parts that are important to you.**
2. Look across your week and pull out your favourite moments and your most stressful moments.
3. **Think about the reasons for the highs and lows.** What can make things enjoyable or stressful for you?

What's on my mind?

Lots on your mind?

Use this card to put your thoughts down.



Examples: Needing to renew my driving license, my mum needing help, worrying about money, feeling isolated.

What would you like to focus on first?

1

2

3

What's on my mind?

When to use this tool

- To sort out your thoughts. This can be used as a “brain dump” to help you put all of these thoughts onto paper and then to tackle them one by one.
- To help your key worker understand the different things that are troubling you or are important to you.

How would you use this tool

1. Write down or draw the different things that are on your mind. **This can be anything** from “I need to pay that bill” to “I worry I’ll never get better”.
2. You can then identify **which 3 things you are going to focus on first.**
3. Consider if you need support with any of these things and who would be able to help.

My Resilience Bucket

What fills up your resilience bucket?

What calms you down? What helps you cope? What brings you joy?

This could be something to touch, something to do, someone you turn to, a picture that lifts your mood, a song you like to listen to, or a smell that grounds you.



My Resilience Bucket

It is helpful to think of your resilience as in a bucket.

Everybody has a bucket of resilience, but everyone's bucket is leaking and people need to keep engaging in positive activities in order to re-fill their buckets.

If your bucket is empty then doing even simple tasks can be overwhelming.

When to use this tool

- To think about which coping strategies work best for you.
- To think about positive activities that help to lift your mood

How would you use this tool

1. Write down or draw the different things that help you **to feel better**.. These could be things like:
 - playing with a pet
 - watching TV
 - breathing exercises
 - doing something nice for a friend
 - taking a walk
 - reading my current book
 - listening to music
 - smelling lavender
2. Look at your bucket when you need to and use the different strategies to sustain your resilience.

Reflecting on my strategies

What helps you the most in different situations? What effect does this have on you?

If I do this...

If I ...	Then I ...	Which causes ...

The diagram consists of a 2x3 grid of rounded rectangular boxes. The top row has three boxes with headers: 'If I ...', 'Then I ...', and 'Which causes ...'. The bottom row has three empty boxes. Curved arrows point from the first box to the second, and from the second to the third, both in the top row and both in the bottom row.

Reflecting on my strategies

When to use this tool

- To identify the different coping strategies that you can use in different situations
- To understand if these are positive coping strategies or negative ones

How would you use this tool

1. Write down the activities you do to feel better, for example
 - Calling my mum
 - Getting into bed and hiding away
2. Write down the impact these activities have in the short term, for example
 - Feel more hopeful
 - Feel less anxious
3. Write down what the long term impact is, for example
 - This causes me to feel grateful for my mum
 - This causes me to feel more alone than I was before

Wheel of life

Score how you're feeling on each segment
(from **0 very poor** in the centre to **5 very good** on the outside)



The segment of the wheel I am **most happy with:**

The segment of the wheel I would **most like to work on:**

Wheel of life

When to use this tool

- To reflect on what areas of your life are going well and which could be even better.
- Before deciding on a goal.
- To decide which goal would make the biggest difference.

How would you use this tool

1. Score how you are feeling on each segment of the wheel from 0 (very poor) in the centre to 5 (very good) on the outside.
2. Use the questions to think about **why things are going well** and what could make things even better.

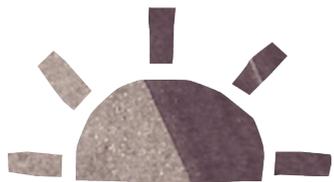
Hopes for the future

What would you like your future to be like?

Examples: Family, friends, education, work, hobbies, finance, health, well-being, having fun or making the world a better place!

Hopes for the next year

Where would you like to see yourself next year?



Hopes for the next few weeks

What immediate changes would you like to see in your life?

Hopes for the future

When to use this tool

- To think about the big picture before identifying what your goals are.
- To help share your story with others.

How would you use this tool

1. Write down or draw what your immediate hopes are and your hopes for the next year. Start wherever you like. Examples:
 - Having a safe place to live
 - Reconnecting to my dad
 - Getting promoted
 - Going to the gym regularly
 - Volunteering at a charity
 - Finding a partner or friend
 - Finding time to join a gardening group

Help to find a goal

Thinking about possible goals for me

Who could you talk to that knows you well who could give you ideas for goals?

What activities could you try that might help you identify a goal?

If you could change just **one small thing**, what would it be?

What would make a **big difference** to your life?

Help to find a goal

When to use this tool

- To help you if you are finding it hard to identify goals.

How would you use this tool

1. Use the questions to help you think more about your goals.
2. See if the questions suggest any actions you could take to help you identify goals

My plan of action

Write down what you do and when. Use last week as an example - it is always easier to remember.

My goal	What might stop me from doing this	What I will do and when I will do it	Who might be able to help me	Done
				<input checked="" type="checkbox"/>
				<input checked="" type="checkbox"/>
				<input checked="" type="checkbox"/>
				<input checked="" type="checkbox"/>

My plan of action

When to use this tool

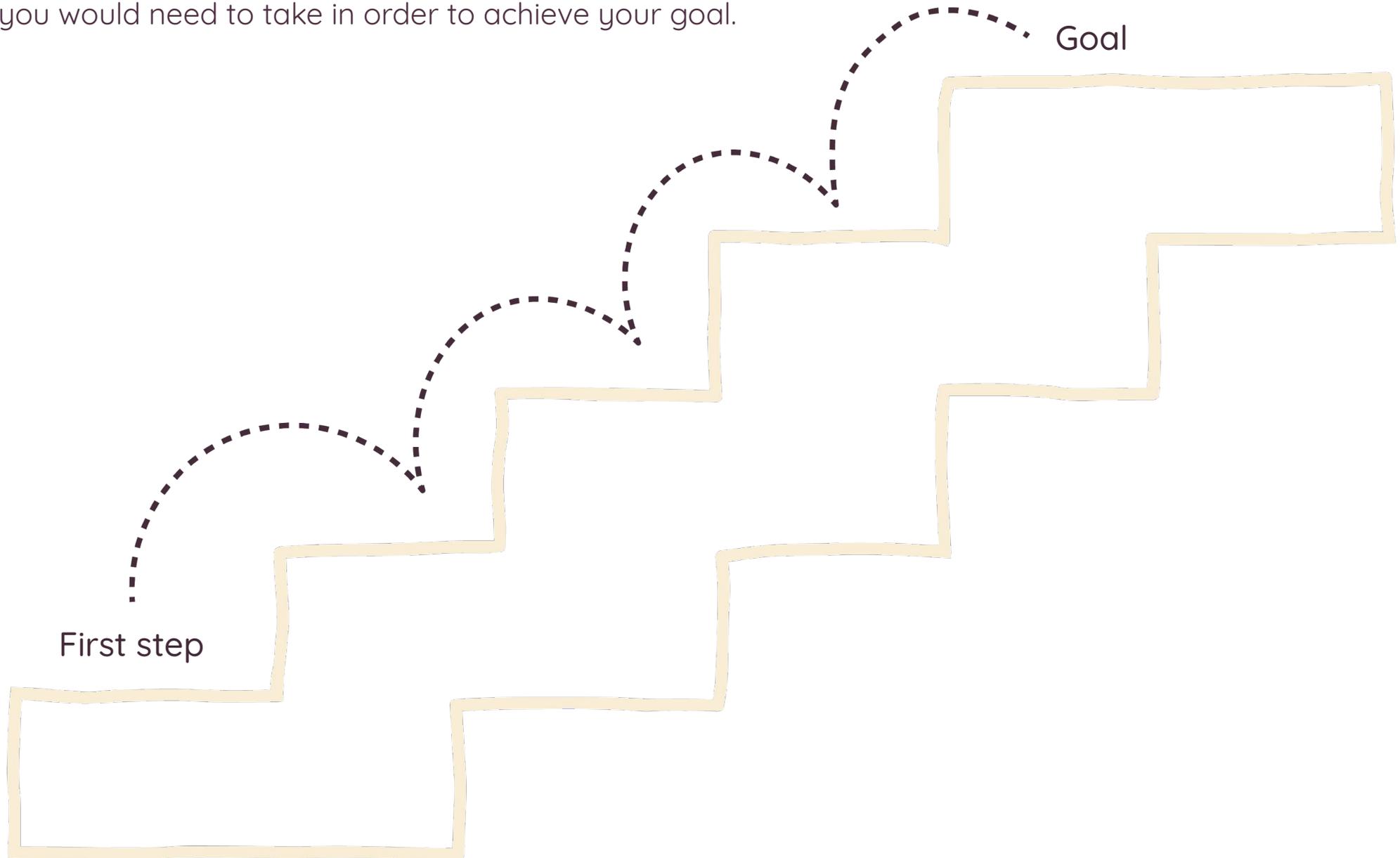
- After identifying a goal
- To help you think about how and when you will achieve this goal

How would you use this tool

1. Fill in the table to show how and when you will complete different actions
2. Check off each action when it is complete

A plan for achieving my goals

Start with your goal first. Then think about what steps you would need to take in order to achieve your goal.



A plan for achieving my goals

When to use this tool

- After identifying a goal
- To help you think about what you can do to achieve this goal

How would you use this tool

1. Identify what your **long term goal** is first.
2. Then think about **what steps you would need to take** in order to achieve this goal. You can either work backwards, or go back to the beginning and work forwards.