

COLLECTING AND USING EVIDENCE TO SUPPORT FAMILY MEMBERS WITH LEARNING DISABILITIES

Essential Lifestyle Planning

is a **Person Centred Planning tool** developed by Michael Smull and Susan Burke-Harrison in order to discover what is important to people in their daily lives.

It is a guided process for learning how someone wants to live and for developing a plan to make it happen.

This poster explains essential lifestyle planning and how it has been beneficial for Andrew.

Essential Lifestyle Planning is used to work out:

- 1 What is important and makes sense to Andrew in his everyday life.
- 2 What does not make sense to Andrew and should be avoided.
- 3 How to best support Andrew to lead the lifestyle that he chooses.
- 4 How to let Andrew have the things that are important to him while at the same time remaining reasonably safe and healthy.

Who is involved? The following people all work together to contribute to the plan

- The person with learning disabilities
- Family, friends and neighbours
- Circle of Support
- Current paid support team
- Education



Andrew

Creating a good plan is a **skilled task** and requires **multiple perspectives**, including the family of the person with a learning disability.

What has been learnt?

Most importantly, it identified in great detail where he should live and how he should be supported.

Trying to fit him in with other unpredictable individuals just wouldn't work. The outcome is a bespoke service underpinned by PBS.

Using evidence of change to adapt and improve support

The plan is a living document and is updated whenever needed.