

# Perfect week

This person-centred thinking tool is a way to describe how the person wants their week (and month) to look, and what support they need on a day to day basis as part of this. It is also a way to learn what routines are important, and that need to be included in their 'perfect week'. A 'perfect week' is one that is an ideal week for the person, which is both practical and possible within resources (e.g. Individual Service Fund or budget).

## Benefits for the person

- A detailed description of how the person wants to live each week.
- Identifies important relationships, things to do, places to go.
- Clearly describes the routines that matter to the person.
- A way to evaluate whether the person is living the life that they want to live (by comparing their existing week to their perfect week).

## Benefits for employees and the organisation

- This is the basis for looking at 'just enough support' to see if there are more creative ways to use Assistive Technology, relationships and community initiatives to support the person well.

- A framework for delivering personalised support and matching staff and support to what the person wants to do, and creating a personalised rota.
- A way to evaluate the service that the person receives and the performance of each individual employee - how are we doing in delivering what the person wants each week?
- To inform personalised job descriptions.

## Using it with an individual

- Start with a sheet of paper (or do this on the computer or any other way that works for the person) that has the days of the week on it and space to write in what the person would do in the morning, afternoon, evening, night time and at the weekend.

- Create a planner together that reflects exactly how the person wants to spend their time each day, and specifically what support they will need to do this. Talk about the important routines that the person wants to do each week – this could be TV programmes, meeting up with people, newspapers, faith groups, movie night, etc.
- Start with relationships – look at the relationship map and think together about who is important and when and how to stay in touch.
- Then look at what is important to the person and the support they want from their one page profile or person-centred plan or my support plan.
- Look at where the person wants to be in a year's time (their outcomes). This could be through using working/not working; a person-centred review, or hopes and dreams for the future.
- Remember to keep it practical and possible. This means describing what could really happen, not just what would be 'wonderful if only it were possible'.

### Using it with a team

- Once you have a 'perfect week' the next step is to use 'just enough support' to explore the different options for support with the person, and implement decisions. This is where you check whether what the person wants is affordable.
- Then if you are recruiting new employees, use 'matching support' and the person-centred recruitment process.
- If you are matching existing employees, use the relationship circle with the person for them to select their own team from existing employees.
- Match the person's chosen team to the 'perfect week' by using employees' one page profiles to get a good match for shared interests.
- Develop this into a personalised rota to deliver what the person wants in their week, with their chosen employees', matched to what is happening each day of the week.
- Include this in individual job descriptions and ensure they are regularly reviewed within one-to-ones and team meetings.