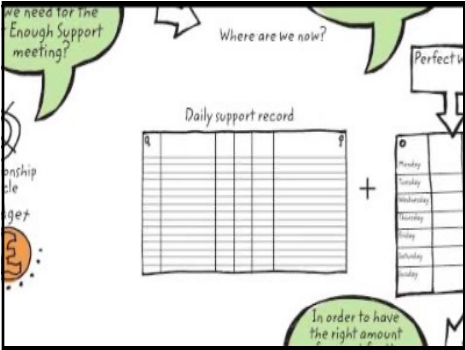




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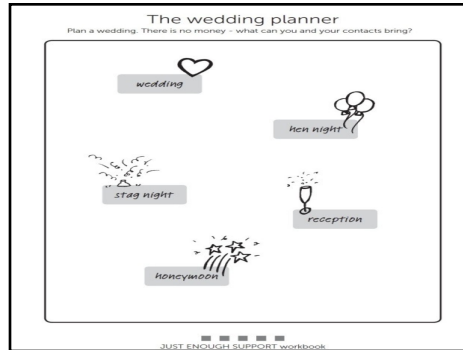
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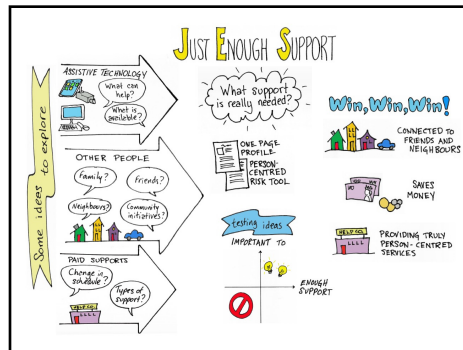
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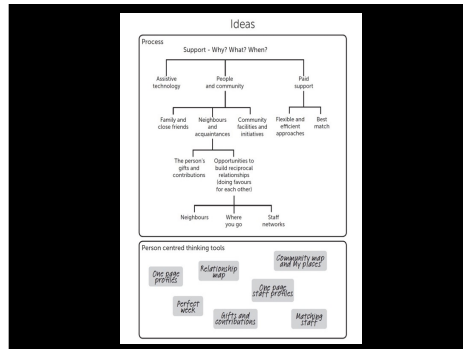
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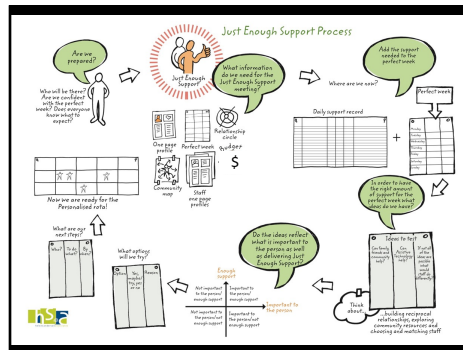
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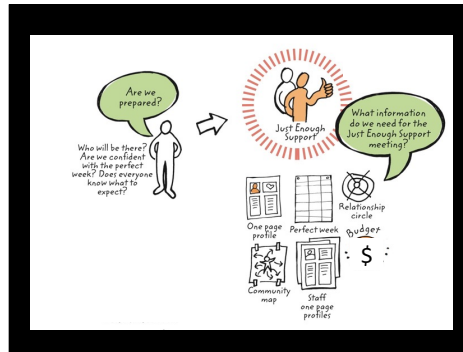
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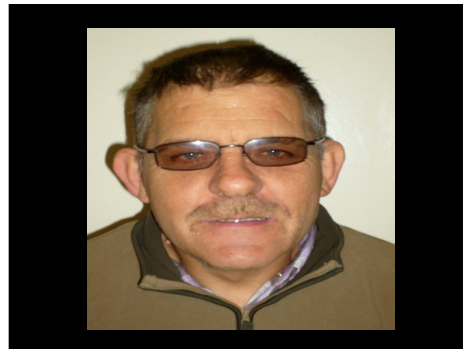
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13



14

One page Profile for Paul



What people like and admire about me
 Helpful and caring, always the gent, health and safety conscious, great sense of humour, responsible pet owner, friendly, approachable, an enquiring mind, polite, enjoys a laugh, lucky gambler, good gardener. Good neighbour.

What's Important to me
 Poppy the dog.
 My family and Edna
 My pets and looking after them.
 Talking overseas to family in New Zealand.
 Feeling safe and secure
 Likes a gamble and smoking.
 Very house proud.
 Gardening and selling veg/hanging baskets
 Own home and independence.
 Having staff I have chosen.
 To be helpful to others

How to best support me
 I have an enquiring mind and need things explained to me especially about the news.
 I must be involved in all decisions about my life.
 Encourage me to make new friends in the community.
 Support me around my health issues, I have epilepsy.
 I like a bet and to smoke don't nag about this.
 Never talk down to me.
 Treat my home with respect.

15

What people like and admire about me
 Helpful and caring, always the best, health and safety conscious, great sense of humour, responsible pet owner, friendly, approachable, an enquiring mind, polite, enjoys a laugh, lucky gentleman, good gardener, good neighbour.

What's important to me
 Poppy the dog.
 My family and Edna.
 My pets and looking after them.
 Taking overseas to family in New Zealand.
 Feeling safe and secure.
 Likes a gamble and smoking.
 Very house proud.
 Gardening and selling vegetables/hanging baskets.
 Own home and independence.
 Having staff I have chosen.
 To be helpful to others.

How best to support me
 I have an enquiring mind and need things explained to me especially about the news.
 I must be involved in all decisions about my life.
 Encourage me to make new friends in the community.
 Support me around my health issues, have epilepsy.
 I like a bet and to smoke, don't nag about this.
 Never talk down to me.
 Treat my home with respect.

16

Paul Working/not working about where I live right now

Where I live and who with

What I want!

- Living on my own.
- The staff I have chosen.
- Having my pets, dog and fish.
- A great garden to grow plants, veg etc.
- Having a routine.
- Being safe and secure.
- Close to the bookies, local shop.

What I don't want!

- Being over protected.
- Not having time on my own without staff.
- Feel like I have little independence.
- Not enough friends.
- Not doing things in local community on my own.

important in the future

17

Where are we now?

Perfect week

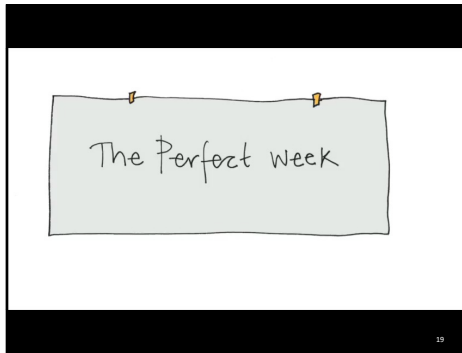
Daily support record

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18



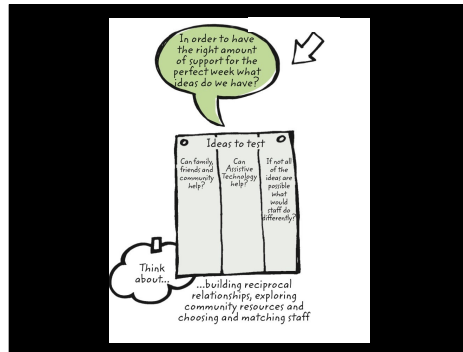
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Perfect week			
	morning	afternoon	evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

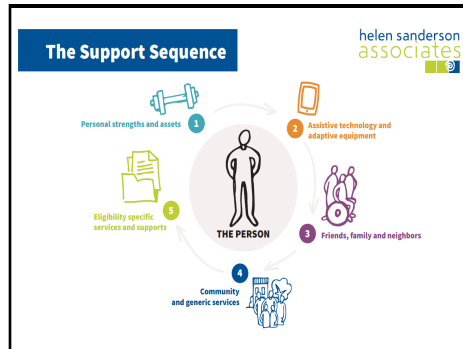
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Support daily record						
Hours	Budget	No support	Amount or number of support incidents	Assess technology that could help	Real support	Incidents
7:00am						
8:00am						
9:00am						
10:00am						
11:00am						
12:00pm						
1:00pm						
2:00pm						
3:00pm						
4:00pm						
5:00pm						
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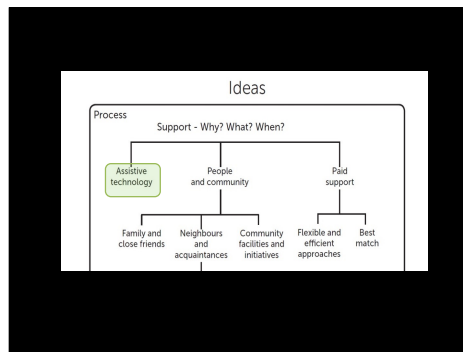
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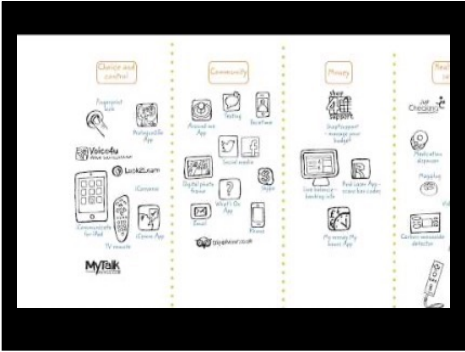
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24



25

epilepsy sensor in bed
camera and intercom system

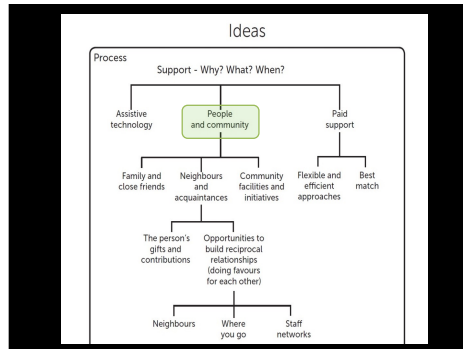
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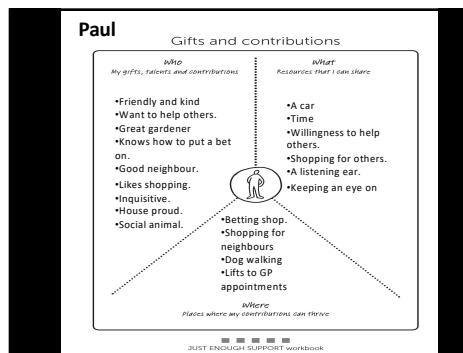
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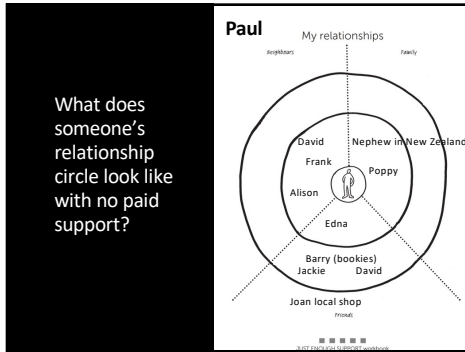
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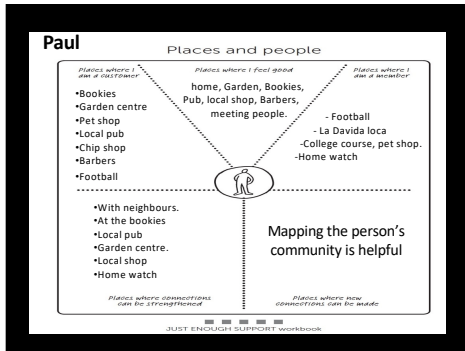


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What does someone's relationship circle look like with no paid support?

31



32



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34



35



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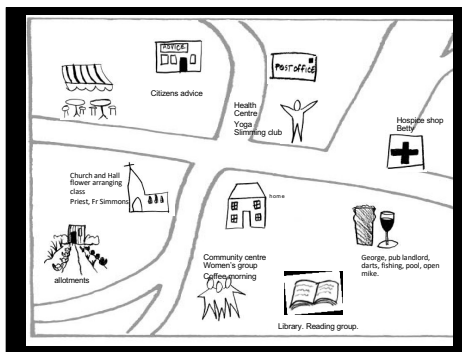


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Discover what is unique about your community

- Find the centre of the community and where the third places are
- Find out what people do for fun together
- Discover where people feel welcomed and valued
- Identify the various organisations and networks in your local community
- Match the person's interests with what is present in their community

38



39

Paul Places and people

Places where I am a volunteer

- Bookies
- Garden centre
- Pet shop
- Local pub
- Chip shop
- Barber's
- Football

Places where I feel good

home, Garden, Bookies, Pub, local shop, Barbers, meeting people.

Places where I am a volunteer

- Football
- La Davida loca
- College course, pet shop.
- Home watch

With neighbours.

- At the bookies
- Local pub
- Garden centre.
- Local shop
- Home watch

Dog walking club.

Helping out at bookies.

Shopping for neighbours.

Football.

Gardening locally.

Home watch.

Places where connections can be strengthened

Places where new connections can be made

JUST ENOUGH SUPPORT workbook

40

Paul 5 reciprocal things in a neighbour

1. Shopping for the neighbours. Offering lifts, putting a bet on.
2. Dog walking for others.
3. Growing produce or gardening.
4. Taking in garbage bins.
5. House minding, holding the key. Be a more active member of home watch.

first steps

JUST ENOUGH SUPPORT workbook

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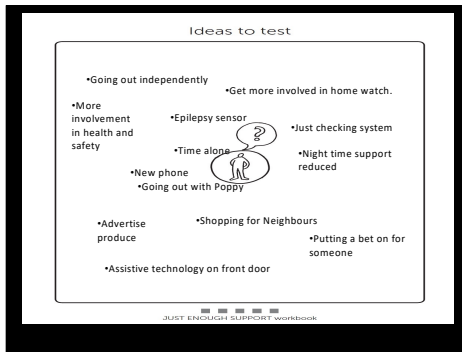
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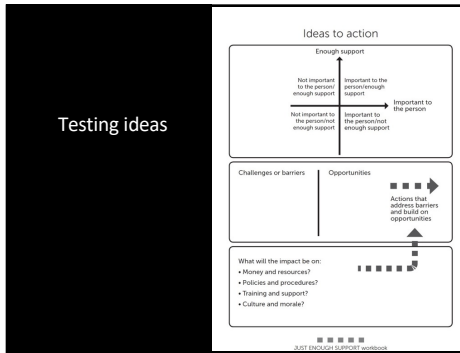
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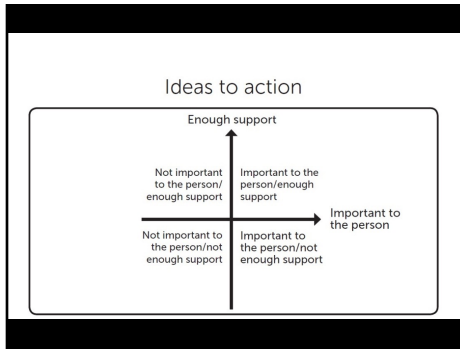
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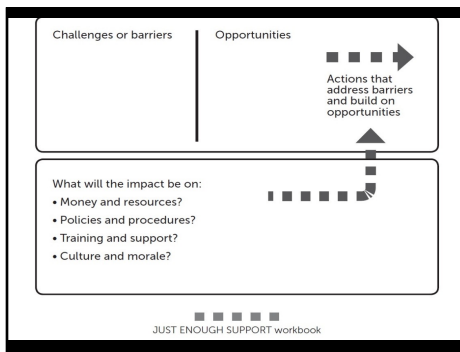
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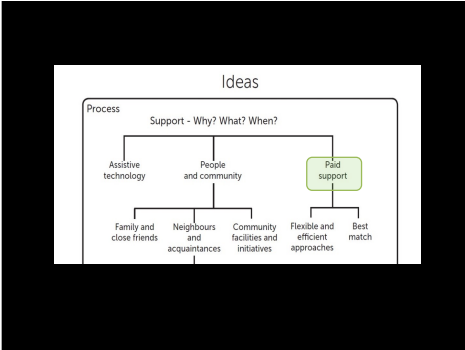


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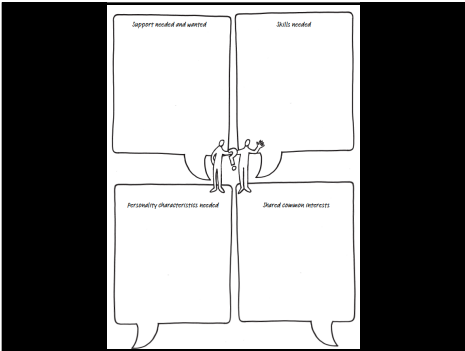
Support daily record

Hours:	Budget:						
Task, Date, Name of a task, signpost for the day	What the person does	No support	Natural or usual support (what the person does)	Assistive technology that could help	Real support	Justification	
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
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12:00am							
1:00am							
2:00am							
3:00am							
4:00am							
5:00am							

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A diagram illustrating a process for creating a personalised rota. At the top is a 2x4 grid with the letters 'a', 'b', 'c', and 'd' in the top row. Below the grid, the text reads: "Now we are ready for the Personalised rota!". Below this, a flowchart asks "What are our next steps?". It branches into two paths: one leading to a box with "What?", "To do what?", and "By when?"; the other leading to a box with "What options will we try?". The second box further branches into "Option", "Yes/No/Not try yet or no", and "Reasons". The HSE logo is at the bottom left.

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How are the new supports working out?

Person-Centred Review

An illustration of a person-centred review meeting. A woman stands at the front of a room, pointing to a large whiteboard. The whiteboard is divided into several sections with handwritten notes. Several people are seated around the room, listening to the presentation. A dog is sitting on the floor in the foreground.

53

Capturing Learning/Evaluate Progress

- Learning Logs
- 4+1 Questions
- Working/Not working

54

Learning Log				
Date	What did the person do?	Who was there?	What did you learn about what worked well?	What did you learn about what didn't work?

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4 + 1 Questions	
What have we tried?	What have we learned?
What are we pleased about?	What are we concerned about?

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