

# Person Centred Support Plan Example

What you need to know about me	Rupert Blum	Who else I'm connected to
<ul style="list-style-type: none"> <li>• I'm 82 and live by myself in my home of 50 years</li> <li>• I used to be a newspaper journalist</li> <li>• I read the newspaper every day</li> <li>• I'm interested in history and like to talk about current affairs</li> <li>• I keep an eye on my 96 year old aunts</li> <li>• I drive around the local area</li> <li>• I looked after my mother who had Alzheimer's at home until she died in 2014</li> <li>• I'm a bit of a collector and my books are very precious to me</li> <li>• I like a laugh</li> <li>• I like a beer occasionally</li> </ul>		<ul style="list-style-type: none"> <li>• My daughter Jess(ica), an occupational therapist who lives in Ballina</li> <li>• My Aunt Rose and Aunt Iris who live 10 minutes drive away</li> <li>• My GP, Dr Baker</li> <li>• My case manager, Geoff</li> </ul>
What I want to achieve	What I will do for myself	What you can do to support me
<ul style="list-style-type: none"> <li>• I want my hand to improve so I can get back to driving and shopping as soon as possible</li> <li>• I want to get my kitchen clear and clean so I can use it in the next three months</li> <li>• I want to have four, good meals I can cook by the end of the year</li> <li>• I want to cook a nice meal for my aunts at my house</li> <li>• I want re-organise my bookshelves</li> <li>• I'd like to have some people I can have a good talk to about current affairs</li> </ul>	<ul style="list-style-type: none"> <li>• Drive myself to the shops and my aunts when I'm better</li> <li>• Keep in touch with my aunts</li> <li>• The exercises Jess gave me to stay fit</li> <li>• Decide what to throw out and what to keep</li> <li>• Prepare my own meals</li> </ul>	<ul style="list-style-type: none"> <li>• Ask before you touch or move anything</li> <li>• Teach me how to cook some easy meals</li> <li>• Help me to sort through my stuff and clean up a bit</li> <li>• Help me to re-organise my books and papers</li> <li>• Be honest with me and don't ring my daughter and talk about me behind my back</li> <li>• Have a laugh with me</li> </ul>