



Doing your own Care and Support Plan

After Nottinghamshire County Council has assessed people as needing support, planning is the next step.

This information is to help you think about doing your own Care and Support Plan.

What is a Care and Support Plan?

A Care and Support Plan is a document that records your goals, wishes and aspirations and how you will go about achieving them. It includes your eligible needs that were identified from your Care and Support Assessment and records clearly defined, focused goals to help you achieve what you want to achieve. The aim is to help you meet your needs in a way that's tailored to you.

It's important for you to be actively involved in the production of your Care and Support Plan to ensure you get support that's right for you. Some people decide to do their own Care and Support Plan.

Why would I want to do my own Care and Support Plan?

You will be given every opportunity to work with the council to decide jointly what goes into the plan. However this does not have to be a 50:50 split; you can take a bigger share of the planning by doing your own Care and Support Plan if you wish to do so.

Doing your own Care and Support Plan means you can fill it in at your own pace and have more time to think about what sort of support would be best for you.

You are in the best place to know what is important to you and how you want to be supported. You have the choice to decide whether doing your own Care and Support Plan is right for you, or if you want to do

parts of the Care and Support Plan yourself.

What does doing my own Care and Support Plan involve?

If you decide to do your own Care and Support Plan, you will have the opportunity to talk about the process with your social care worker and:

- Agree with your social care worker dates to complete your Care and Support Plan by
- Agree whether to write your Care and Support Plan on a digital copy (emailed to you) or a physical copy (sent via post)
- Decide when to talk through the finished Care and Support Plan (either over the phone or face-to-face)
- Discuss who to contact for help if you need any whilst writing your plan
- Discuss who could help you during the process if you wish e.g. family, friends etc.

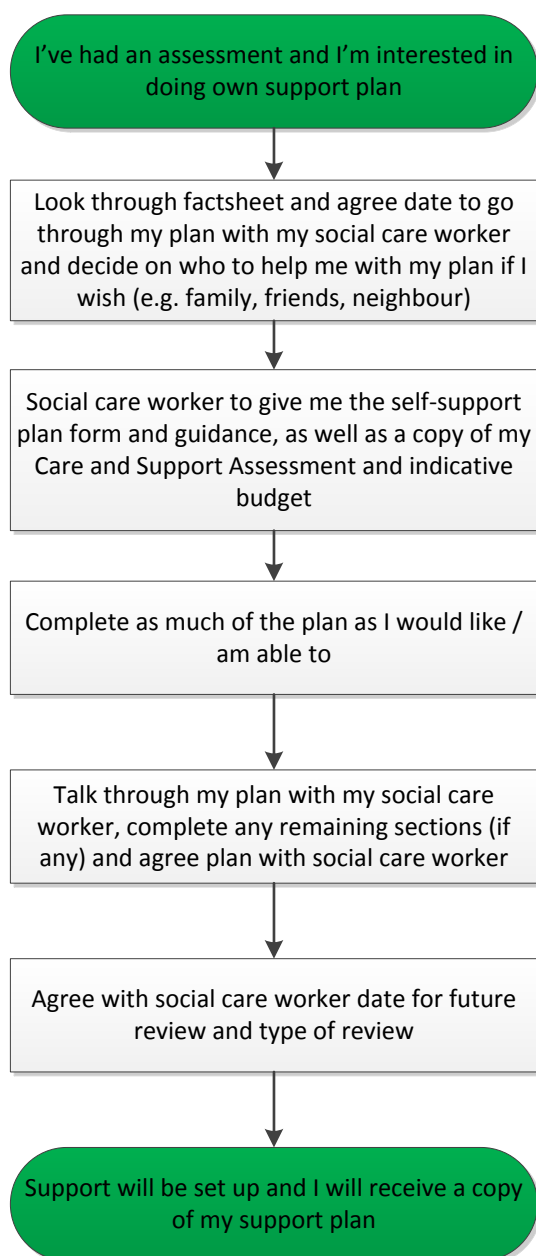
I want to do my own Care and Support Plan – what next?

Your social care worker will give you the forms you need and you can then complete as much of your plan as you wish.

Together you will decide on a date to discuss your Care and Support Plan. You will discuss your plan, complete any remaining sections you haven't completed (if any) and agree how your needs will be met.

All Care and Support Plans have to be agreed by the council. Your social care worker will discuss with you if they think any changes need to be made.

Summary of doing your own Care and Support Plan



Contact information:

If you have further questions or you want to make a complaint, you can:

Speak to a member of staff

Telephone Customer Services:
0300 500 80 80

Visit our website:
www.nottinghamshire.gov.uk

Email us with any enquires you may have:
enquiries@nottscc.gov.uk

Email us with any complaints you may have:
complaints@nottscc.gov.uk

The Council is committed to protecting your privacy and ensuring all personal information is kept confidential and safe. For more details see our general and service specific privacy notices at:

<https://www.nottinghamshire.gov.uk/global-content/privacy>