

Doing your own care and support plan



This easy read tells you how to do your own care and support plan after Nottinghamshire County Council has said you need support.

What is a Care and Support Plan?



A care and support plan is a document that says what you want in your life and how you can get there.



It will include your needs from your care and support assessment and has goals to help you achieve what you want to.



This is to try to help you in a way that is best for you.

Why would I want to do my own care and support plan?



You can help make your care and support plan as this can help make sure you get support that is right for you.



You can fill it in at your own speed and have more time to think about the kind of support you need.

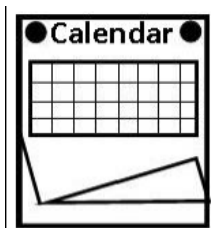


This is good because you know best what is important to you and what kind of support you want.

What does doing my own Care and Support Plan involve?



If you decide you want to do your own care and support plan you can talk about how to do this with your social worker and:



- agree with your social worker dates when you will finish the plan



- agree whether you will write your plan digitally (emailed to you) or a physical copy (sent to you in the post).



- decide when you will talk through the finished plan either face-to-face or over the phone.



- talk about people who can help you to write your plan such as family or friends.



- your social worker will give you the plan form and guidance as well as a copy of your assessment and indicative budget.

I want to do my own care and support plan – what next?



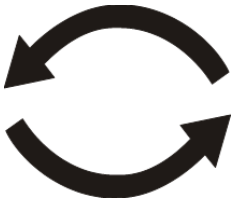
Your social worker will give you the forms you need and then you can do as much of your plan as you want to.



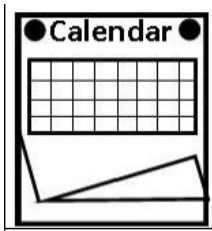
With your social worker you will decide on a date to talk about your care and support plan, finish the plan and agree how you will be given help.



All care and support plans need to be agreed by the Council.



Your social worker will talk to you if any changes need to be made to your plan.



You will then agree a review date with your Social Worker.



Then support will be set up and you will get a copy of your plan.

Customer Service Centre



If you have questions or need help, you can contact our helpful Customer Service Centre.

There are several ways to contact them, including:



Web: [Use our online contact form](#)



Telephone: 0300 500 80 80



Relay UK

Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



SignVideo

Sign Video

People who use British Sign Language to communicate can use the [SignVideo app](#) to speak with us.

Links in this document

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

www.relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

For plain English web page version of this information, go to:

[Doing your own Care and Support Plan \(Nottinghamshire County Council\)](https://nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/own-care-support-plan)

nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/own-care-support-plan

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