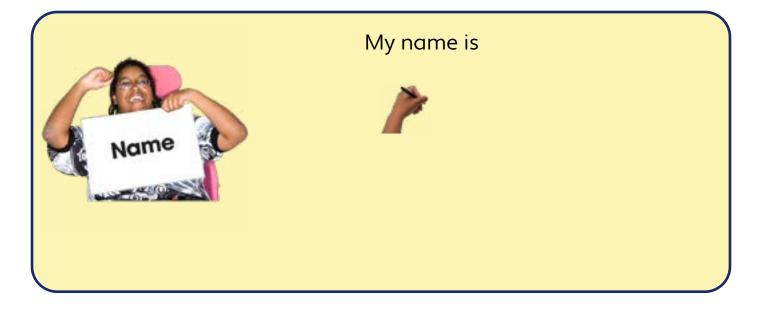
# **My Ageing Well Plan**



**EasyRead Version** 









# My Home

#### At the moment I live in a:





#### house

# bungalow



# flat

somewhere else





# My Home

I may need these adjustments to my home to help me:





## accessible bathroom

#### hoist



# stair lift



# something else



# **My Home**

If I can no longer live at my house the best alternative for me would be:



#### a nursing home



a care home



supported living



somewhere else





# My Home - Things to Do



If I need adjustments to my house I will need an assessment with an Occupational Therapist (OT).

This person will arrange an OT assessment.



If I can no longer live in my own home I will need to find an alternative that meets my needs.

This person will help me to find the best alternative home.



# My Health

As I get older I will need more support because I have:



dementia



diabetes



#### arthritis



# another health condition





# My Health - Things to Do



I will need a Health Action Plan to help keep me healthy for as long as possible.

This person will help me write my Health Action Plan.





I will need Annual Health Checks so that any changes to my health are found early.

This person will make sure that I have my Annual Health Check.





A Good Day For Me

I will need a Baseline chart to tell people who support me what a good day looks like for me.

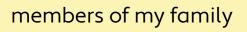
This person will help me to write my basline chart.



# **My Support**

I have help and support from these people:







#### friends



#### paid carer



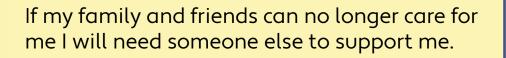
other people



9



# My Support - Things to Do



This person will help me find new support.



I might need help to make new friends so that I do not become lonely.

This person will help me to find ways to make new friends.



# My Money

I have help managing my money from these people:



## members of my family

friends

## Court appointed Deputy

other people



11



# My Money - Things to Do



If I can no longer look after my money I might need someone to act as my Deputy.

This person will apply to become my Court appointed Deputy.



I might need someone to make decisions anout money for me.

This person will apply for Power of Attorney



# Support I give

I have give care and support for these people:



#### parents



#### brother or sister



#### my children



## other people



13



# Support I give - Things to Do



If I can no longer provide support for other people someone else will need to do this.

This person will provide support for the people I care for.



# **My Future Needs**

