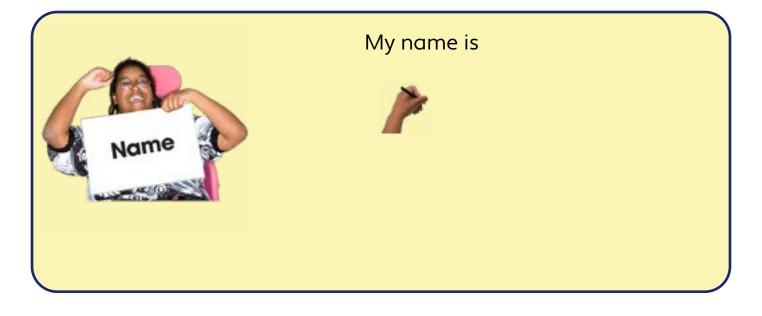
My Ageing Well Plan



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.

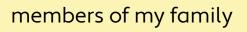
This person will help me to write my basline chart.



My Support

I have help and support from these people:







friends



paid carer



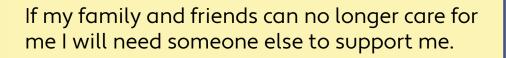
other people



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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



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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



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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

