



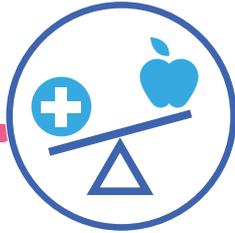
Self-directed Support Test Budgets

For people in recovery from
substance misuse



1. Alcohol & Drugs

Dependent drug and alcohol use, including frequency, safer/harmful use, (il)licit use, level of self-control with substance(s), taking action and level of improvement with substance misuse.



2. Self-care & Nutrition

Looking after self, including diet and nutrition, personal hygiene, fitness, personal safety and being able to keep appointments.



3. Relationships

Relationships with child(ren), partner, family, friends, including isolation, stability, and involvement in recovery communities, wider social networks, and safety in these relationships (see self-care).



4. Physical Health & Wellbeing

Physical health, including Blood Borne Viruses (BBVs), wound care, sexual and reproductive health (for males and females), circulatory and respiratory health, chronic pain, recent overdose events, nerve damage, keeping medical appointments and taking medication as prescribed.



5. Mental & Emotional Wellbeing

Mental and emotional wellbeing including coping skills, stress, anger management, establishing boundaries, sleep routines, trauma, alcohol related brain damage (ARBD), head injuries, self-worth, personal resilience, outlook/maturity, keeping appointments and taking medication as prescribed.



6. Occupying Time & Fulfilling Goals

Occupying time and fulfilling goals such as employability, training, education, employment, volunteering, personal values and beliefs, dreams and aspirations and enjoyment.



7. Housing & Independent Living

Housing and independent living, including safe, secure and appropriate accommodation, anti-social behaviour, tenancy care, rent (see also Money Matters), housing applications, necessary furnishings, living with family or in a shared living space.



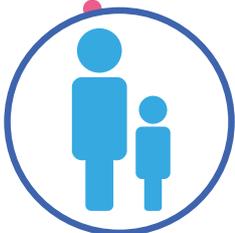
8. Offending

Offending activity including frequency and severity of offending, engaging with rehabilitation work, through care plan (if appropriate), complying with any court/bail orders. Offending would include any of the following: involvement in drug supply/possession, shop lifting, theft/burglary, involvement in prostitution, drink driving, drug or alcohol aggravated assault, unpaid fine, etc.



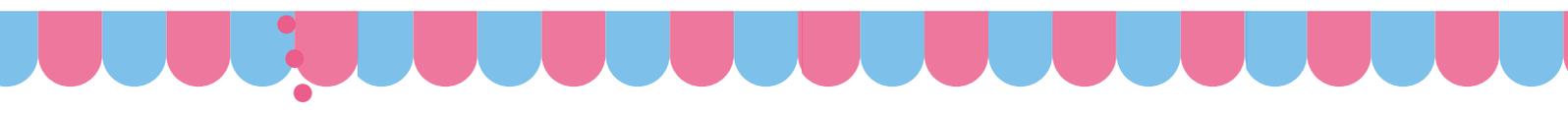
9. Money Matters

Individual's financial situation being under control, including bank accounts, paying bills fully / on time, payments for rent and related utilities (e.g. electricity, gas, telephone), budgeting, welfare benefits issues (applications, appeals, sanctions, appointments), utilising money advice and advocacy, financial stress and accessing support such as food banks and Credit Unions.



10. Children

Child wellbeing and parenting, including individual's parenting skills, contact with child(ren), child practical, emotional and physical wellbeing, child's plan, child(ren)'s school attendance, complying with any children and family social work involvement and/or children's hearing system requirements.



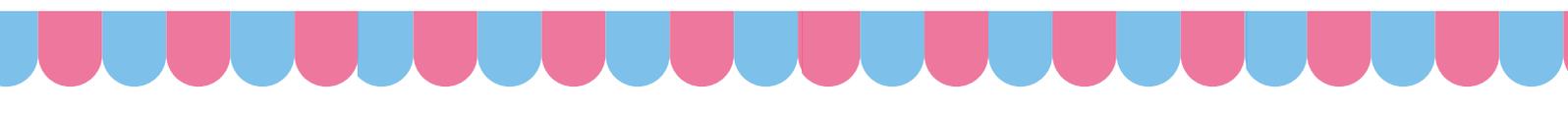
Test Budgets for recovery

Name:

The recovery outcome(s) I want to focus on:

Ideas for how I can do this:

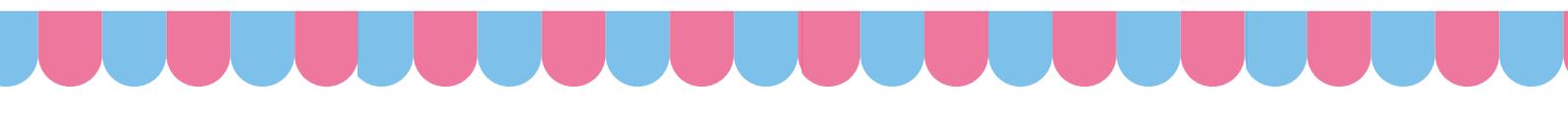
Ideas for how my test budget could support me to do this:



Test Budgets for recovery

Name:

Progress I am making in spending my test budget:



Test Budgets for recovery



Your name: _____

Your address: _____

Date: _____

Pilotlight Test Budget

As a participant in the Pilotlight Self-directed Support for Substance Misuse project you will receive a test budget to work towards the recovery outcomes we have defined together.

Please complete and sign this form to confirm your agreement to receive this instalment of your test budget.

Test Budget Instalment Details

Instalment Number:	Instalment Amount £
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Please sign to confirm your acceptance of this instalment of your test budget

Payment Details

Payment will be made within 30 days by either:

Bank transfer <input type="checkbox"/> (please tick)	Cheque <input type="checkbox"/> (please tick)
Account name:	Made payable to:
Account number:	
Sort code	

FAO: Maddy Ross, Iriss, 51 Wilson Street, Glasgow, G1 1UZ

Test Budget instalment paperwork, an example from the Pilotlight project. Please get in touch if you would like help to customise this form for your needs.

