

## **SDS Add On to Support Plan**

### **Signs that things are breaking down and my named person needs to take over the direction of my support**

*Record the symptoms and signs that will help you and others recognise when things have broken down to the extent that you can no longer direct your own support. Describe as clearly as possible the signs that mean you would like your named person to take over the direction of your support.*

*Some things you might include are:*

- Medication
- Sleep patterns
- Thought patterns
- Verbal communication
- Stress levels
- Anger/frustration
- Eating patterns
- Drinking patterns
- Personal care
- Childcare
- Petcare
- Money handling
- Contact with others
- Activity levels
- Self-harm

*(this is not an exhaustive list, you are the expert on yourself)*

### **What my named person needs to do to direct my support**

*Record what you would like your named person to do to direct your support if you can no longer make decisions for yourself.*

*This section aims to provide clear instructions to your named person so that they can feel confident that they are doing what you want them to do, even if you can't currently communicate it.*

*Some things you might include are:*

- Notifying key people (give contact details and roles)
- Activating your planned additional support
- Managing your SDS budget
- Carrying out your responsibilities as an employer (if you employ personal assistants)

- Drawing up/agreeing support rotas and functions (if you have an individual service fund with a care organisation)
- Support with medication
- Childcare
- Petcare

### **Signs that I am able to self direct my support again**

*List the signs and indicators that you no longer need your named person to direct your support and that you are ready to self-direct your support again*

*Some things you might include are:*

- Sleep patterns
- Thought patterns
- Verbal communication
- Relaxation levels
- Eating patterns
- Drinking patterns
- Personal care
- Childcare
- Petcare
- Desired contact with others
- Activity levels

*(this is not an exhaustive list, you are the expert on yourself)*