

# 2



## Case study two: Support Plan

### About me

<b>Name:</b>	Josef Mazur	
<b>Address</b>	1 Green Avenue, Churchville, ZZ1 Z11	
<b>Telephone</b>	012345 123456	
<b>Email</b>	jmazz@apple.com	
<b>Gender:</b>	Male	
<b>Date of birth:</b>	11.11.1999	<b>Age:</b> 16
<b>School</b>	Green College, Churchville	
<b>Ethnicity</b>	White European	
<b>First language</b>	English/ Polish	
<b>Religion</b>	Baptised Roman Catholic	
<b>GP</b>	Dr Amp, Hill Surgery	



## Case study two: Support Plan continued

### About the person/ people I care for

<b>My relationship to this person</b>	son		
<b>Name</b>	Dorota Mazur		
<b>Address</b>	1 Green Avenue, Churchville, ZZ1 Z11		
<b>Telephone</b>	012345 123456		
<b>Gender</b>	Female		
<b>Date of birth</b>	12.6.79	<b>Age</b>	36
<b>Ethnicity</b>	White European		
<b>First language</b>	Polish		
<b>Religion</b>	Roman Catholic		
<b>GP</b>	Dr Amp, Hill Surgery		

### Support plan completed by

**Name**.....

**Role**.....

**Organisation**.....



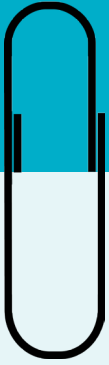
## Case study two: Support Plan continued

### Support plan

Needs	Outcomes	Actions
<i>To know how to help mum better</i>	<i>Josef knows what he can and can't do to help Josef is more confident that he is doing the right thing Josef is less tired and stressed and feels happier</i>	<i>Ask Community Psychiatric Nurse to talk to Josef about how to support his mum (Josef does not want his mother to know about this) To do the 'My Life Now' tool to see how Josef is now and to do this again after a month</i>
<i>Someone to talk to and advice if I am worried</i>	<i>Josef can call someone or contact them on line when he is worried Josef knows people who understand his situation</i>	<i>Josef to try going to young carer's group at lunchtime once a week Josef to have number for advice line</i>
<i>To be able to do college work and go to college</i>	<i>Tutor understands Josef's situation and supports Josef Josef finishes his course</i>	<i>Social worker to attend the review meeting with Tutor and agree a plan for coursework and some flexible carer's leave, and permission to use mobile in class for emergencies and time out if needed</i>
<i>Time for myself</i>	<i>Josef can go out with his friends at the weekend and has time to do his college work in the evenings</i>	<i>Young carers' group to advise Josef on how to talk to his mum about time for himself Talk to tutor about Josef doing college work on site two evenings a week</i>
<i>To plan for leaving college</i>	<i>Josef to do an art degree</i>	<i>Start planning for this in six months time</i>
<i>Support for mum</i>	<i>Ultimately, for Josef's mother to have wider circle of support and increase her wellbeing</i>	<i>Ask Community Psychiatric Nurse to talk to mum about whether she would be prepared to have a social care assessment – will need an interpreter</i>

**Date of support plan:** 7 March 2016

**This plan will be reviewed on:** 7 September 2016



## Case study two: Support Plan continued

### Signing this form

Please ensure you read the statement below in bold, then sign and date the form.

I understand that completing this form will lead to a computer record being made which will be treated confidentially. The council will hold this information for the purpose of providing information, advice and support to meet my needs. To be able to do this the information may be shared with relevant NHS Agencies and providers of carers' services. This will also help reduce the number of times I am asked for the same information.

If I have given details about someone else, I will make sure that they know about this.

I understand that the information I provide on this form will only be shared as allowed by the Data Protection Act.

Name.....

Signature.....

*Josef has given consent to share this support plan with the CPN but does not want it to be shared with his mum.*