

Creating your own support plan for your loved one

When working with your carers, it can be useful to create a plan for the carers, so they know exactly what they need to do. Make sure your carer knows the plan, is comfortable and understands their responsibilities. You could also leave a copy of this in the home.

Name	
Age	
DOB	
Phone (if applicable)	

Next of kin	
Name	
Relationship	
Phone number	

Next of kin	
Name	
Relationship	
Phone number	

Conditions/Diagnosis	

GP Name	
Address	
Personal care	

Eating and drinking

• *What do they like to eat and drink?*

• *Are there any nutritional needs that need to be met?*

Allergies

Vitamins/Supplements

Medication

• *If carers are prompting or administering medication, it is best practice to use a Medication Administration Record (MAR Chart). We have provided a template for you online.*

Physical wellbeing and mobility

Personal care

• *What personal care is needed?*

Religious/cultural considerations

Home environment

Equipment

Equipment type	Last serviced	Does the carer need to be trained	How should it be used

Communication

• *How do they communicate best?*

• *When should the carer communicate with you and how?*

- *You could ask the carer to give you a daily update, or a log book in the home.*

Any additional needs

Schedule

Morning

Afternoon

Evening

Night