



Support Plan

Service User:	Caleb Sansom	D.O.B:	
Service/Area:	Edinburgh	Service Commenced:	12.08.20

Our Mission:

Is to ensure that our service users receive person centred care specific to them to assist them to be involved in the choices that are made to enable them to achieve the positive outcomes that meet their needs and support their family improving their quality.

Our Vision:

A life where every person is valued, included, empowered and safe.

Our Values:

Listen – always with interest, concern and action

Inspire – through every interaction so people can achieve their ambitions

Kind – genuine care and compassion

Excellence – by striving to be the best we can

Integrity – acting ethically and being accountable

Trusting – rely upon us to do what we say we will do

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Company Registration Number :SC272307



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Section	
1	Individual's Information/Autism Profile
2	Service Agreement / Future Goals
3	Health Plan
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Keys to Life

The keys to life' is a long term strategy based on a commitment to human rights for people with learning disabilities. The strategy was developed by the Scottish Government with COSLA and a wide range of statutory and third sector partners together with people with learning disabilities and their carers.

For more information on the recommendations:

<http://keystolife.info/>

Charter for Involvement

The Charter for Involvement is a series of 12 new statements that show how people who use support services want to be involved:

- in the services they get
- in the organisations that provide their services, and
- in the wider community

The Charter has been produced by members of the National Involvement Network (NIN). The Charter is unique in Scotland as it has been written and developed by people who use services for service providers to make involvement better for everyone.

For more information on the statements:

<http://arcuk.org.uk/scotland/charter-for-involvement/>



Section 1

Individual's Information / Autism Profile

Section	
1.1	<p><u>Personal Details</u></p> <ul style="list-style-type: none"> • Individual's details • Important relationships information/In case of emergency • Professional people involved • Supporting staff
1.2	<p><u>Health Overview</u></p> <ul style="list-style-type: none"> • Medical/Diet requirements/Allergy Information
1.3	<p><u>Additional Personal Information</u></p> <ul style="list-style-type: none"> • Cultural/religious requirements • Understanding of sexuality
1.4	<p><u>Outcomes</u></p> <ul style="list-style-type: none"> • Brief description of service • Service users contribution to support plan • Understanding of service
1.5	<p><u>Participation</u></p>
1.6	<p><u>Autism Profile</u></p> <ul style="list-style-type: none"> 1.6.1 Autism profiling tool 1.6.2 Communication 1.6.3 Interaction with others 1.6.4 Imagination and flexibility 1.6.5 Sensory processing 1.6.6 Likes and dislikes
1.7	<p><u>Life Skills</u></p>
1.8	<p><u>Preferred Routines</u></p>

Guidance, Legislation and Policies

Section 1

Health and Social Care Standards

Regulation of Care (Scotland) Act 2001

Charter for Involvement

Keys to Life

Adults with Incapacity (Scotland) Act 2000

Adult support and Protection (Scotland) Act 2007

General Data Protection Regulation 2018

Scottish Strategy for Autism

Human Rights Act (1998)

GIRFEC

Mental Welfare Commission

GAP

Primecare Health LTD Policies

Intimate Care

Participation and Involvement

Physical Intervention

Well Being

Protection of Vulnerable Adults

Administration of Medication

Accident/Incident

Confidentiality

Transitions

General Data Protection Regulation 2018

Quality

Corporate Risk Management Strategy

Records Management

Individual's Details

Full Name:	Caleb Sansom	Preferred Name:	Caleb
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Photograph	D.O.B:	
	Home Address:	Glendale House 43/45 Powdermill Brae Gorebridge EH23 4HX, Scotland

Important Relationships

<u>In Case of Emergency:</u>				
Name	Relationship	Address	Telephone	Additional information
Greg	Father		07484187675	

Family/Friends/Pets				
Name	Relationship	Address	Telephone	Additional information

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Professional People Involved

Professional	Name	Address	Telephone	E-Mail
Social worker	Raymond Girling		07784224866	Raymond.Girling@edinburgh.gov.uk

Key Worker:

Key Worker Picture:

Senior Autism Practitioner:

Craig McCann

Staff who regularly support me are

Staff who regularly support me are					
Hamza Amir					

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Caleb Sansom

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1.2 Health/Diet/Medical Overview

Autism Diagnosis	Yes
Autism & Learning Disability	
Comorbidity	

General Health	Dietary Information – likes/dislikes - Allergies
Caleb keeps in good general health	Caleb loves takeaway food-especially McDonalds. He doesn't appear to be fussy
Medical Conditions	Where to find additional information on diet plans and mealtime routines
Caleb has no known medical conditions other than his autism	Caleb will get lunch when out with staff. His care organise the rest of his meals.

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Cultural and Religious Requirements

Individual's understanding of religious requirements	Staff support that is required
<p>Caleb is aware of different religions and cultures. Caleb doesn't talk about religion with staff</p>	<p>Staff should avoid speaking about religion with Caleb and should re direct him onto different topics.</p>

Sexuality

Individual's understanding of their sexuality	Strategies to support in this area
<p>Caleb understands that he his male and doesn't really discuss sexuality</p>	<p>Caleb should participate in a health, wellbeing and sex education programme to help his understanding. Staff should redirect Caleb when making inappropriate comments on this subject.</p>

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1.4 Outcomes

Brief Description of the service	
<p>Caleb will be a 1:1 service and mainly be an activity-based support service. Staff will continue to look and organise a wide variety of activities to support Calebs needs and interests. Most of the time Caleb will be collected from school and taken on a day out. He will be taken back to Gorebridge.</p>	
Individual's contribution to support plan in detail:	
<p>Caleb has given his ideas of what activities he would like to do also letting staff know about his interest so days can be planned. Caleb does not have any other input in the support plan. Currently is currently going for walks and talking with staff. He is happy to go for a drive when the weather is bad</p>	
Individual's understanding of his/her service	Individual's representative understanding of his/her service
<p>Caleb understands that he needs to have support and seems to enjoy the service</p>	

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1.5 Participation

How does the individual participate in life decisions?	Areas where additional support is required
Caleb is capable of participating in simple life decisions but may struggle with more complex ones.	Caleb may struggle with making bigger life decisions. He may need guidance from staff or his father.
Who may Participate on the Individual's behalf?	Strategies to assist the individual to participate
Greg is Caleb's father and guardian. He will participate in decisions on Calebs behalf.	Staff should make it simple and clear when asking Caleb to make decisions. They should sit with Caleb and allow him time to process what is being asked.
Tools that assist participation	Where are these tools found?
n/a	N/a
Evidence of this can be found	Additional Information

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Name:

Autism Profiling

Flexibility of Thought and Imagination

Strengths

Will often create and tell stories to staff mocking his other care staff. Caleb often shows a lot of knowledge in things that interest him.

Can be engaging with dry humour

Challenges

Caleb sometimes has difficulty in doing a new activity instead of something he is used to doing – a change in routine is sometimes a slight challenge

Likes

Sports- football, basketball, swimming,. Sharing ideas and stories.

Outdoors

Dislikes

Change of people or routine

Thinking Styles

Strengths

Caleb can be funny and engaging

Challenges

Caleb sometimes has a delay in his processing time

Skills

confident and fun when engaged

Health

May become anxious and doesn't seem to recognize when he is feeling angry

Autism

Sensory

Strengths

Challenges

Loud noise

Personality

Active and will chat all day long. Loves to learn new skills and like having people around himself who have the same interest.

Social Interaction

Strengths

Will partake in group discussions well and respects what others have to say.

Challenges

If Caleb isn't given attention when he needs immediatly he may get upset.Can be silent and moody with residential staff

Social Communication

Strengths

Communicates well with staff who he likes

Challenges

1.6.2 Communication

Method of communication	Strategies to support
<p>Caleb uses mature, verbal conversation to communicate with staff and others.</p>	<p>Staff should verbally communicate with Caleb.</p> <p>Should Caleb become inappropriate staff should redirect him onto a different topic.</p>
Tools that staff can use to support communication	Where these tools can be found
Outcomes/future goals	Additional information

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1.6.3 Interaction with Others

Interaction with others	Areas where support is required
<p>Caleb can be especially difficult and does not always engage with residential staff. He has been good with our staff</p>	
Strategies to support	Areas for development
<p>Staff should continue to engage and gain trust.</p>	
Outcomes/future goals	Additional information

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1.6.4 Imagination and Flexibility of Thought

Areas where flexibility and imagination are displayed	Areas where support is required
<p>Caleb has displayed a vivid imagination through telling stories which expresses his wit. He can also have a very dark and dry sense of humour, especially towards residential staff</p>	<p>Caleb may sometimes go onto slightly inappropriate subjects through his story telling. He's amused by staff with dry humour.</p>
Strategies to support	Areas for development
<p>Staff to redirect Caleb onto a different topic of conversation if he continues to mock staff. Something he is familiar with, potentially an activity he enjoys</p>	<p>Remaining appropriate at all times</p>
Outcomes/future goals	Additional information




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1.6.5 Sensory Processing

Sensory Area	Impact	Support Strategies
Taste 	Caleb is open to trying new foods. He can describe different flavours to others and has no difficulties with taste	No Support Required
Hearing/Sound 	Caleb can react negatively towards loud noises in the community. He can become fixated on these and become agitated	Staff should be aware of loud noises and where possible avoid loud areas.
Visual 	No Negative impact	No Support Required





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<p>Touch</p> 	<p>Can be insular but no issues</p>	
<p>Smell</p> 	<p>Caleb has no issues or difficulties with his sense of smell.</p>	<p>No Support Required</p>
<p>Vestibular Balance</p> 	<p>Caleb has no issues with his vestibular balance.</p>	<p>No Support Required</p>
<p>Proprioception/ Sense of Space</p> 	<p>Caleb understands personal space and remains within the boundaries, giving staff an appropriate amount of space.</p>	<p>No Support Required</p>

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1.6.6 Likes and Dislikes

<u>Activities/Things - Likes</u> (level of ability and supervision / motivation/support required)	<u>Activities/Things - Dislikes</u> (Additional Support that is required from staff)
<p>Outdoor activities and walks</p> <p>Always asking how to improve himself in these activities and what new skills to use. Staff to encourage this</p> <p align="center">Music</p> <p align="center">Playing online games</p>	<p>Staff to continue walks and look to introduce new actives after lockdown.</p>

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1.7 Life Skills at Home and in the Community

Area	Skills and Preferences	Support required (Activity Ref No.)
Bathing/showering/hand washing/ use of toiletries/washing hair/drying/brushing hair	Caleb can wash his hands independently	staff should always remind and prompt Caleb to wash his hands
Brushing teeth	Staff do not support Caleb in this area	Staff do not support Caleb in this area
Shaving	N/A	N/A
Feminine Care	N/A	N/A
Dressing/Undressing	N/A	N/A

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1.7 Life Skills at Home and in the Community

Area	Skills and Preferences	Support required (Activity Ref No.)
Food preparation / cooking	N/A	N/A
Eating / use of cutlery / drinking	Caleb can eat and use cutlery independently	No Support Required
Bed making/ setting tables / cleaning tables General cleaning	N/A	N/A
Money skills and waiting in queues	Staff collect money from residential before going out	
Accessing places to eat	Caleb can access places to eat with no difficulty and is good at being patient	

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1.7 Life Skills at Home and in the Community

Area	Skills and Preferences	Support required (Activity Ref No.)
Busy places	Caleb copes well in busy places but will make staff aware if it becomes too busy	Staff to continue to interact with Caleb while keeping a look at how he his coping with the busy place.
Using public toilets	Caleb has used public toilets independently	Staff wait outside
Road safety	Caleb understands that roads can be busy and unsafe, He will wait at the road before crossing with prompt	Staff to continue to remind Caleb about being safe when approaching roads and crossing.
Transport and travelling	Caleb can travel by car and will sit in the back.	

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Preferred Routines

Routine: Outreach routine

Routine Ref No: i.e. JB 1.8.1

Description of routine and Individual's preferred methods of carrying this out	What support is required from staff at each stage? What can be independently achieved?
<p>Caleb will be collected by car, from school (St Thomas of Aquin's, 12-20 Chalmers St, EH3 9ES) Due to current circumstance, Caleb is then driven back to Gorebridge to collect money for lunch. He will often go to McDonalds and then for a walk with staff. If the weather is bad he is happy to go for a drive. He has been discussing future activities for when permitted.</p>	

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