

1a4

Essential Lifestyle Planning

Do

Use the process designed by Smull and Harrison to find out what makes a good day, non negotiables and what is important to and important for the person.

Story

'David is subject to the Care Programme Approach in mental health services, but has used Essential Lifestyle Planning in his own life to:

- Identify where his support comes from
- Set out his own goals for the future, and
- Plan for times of crisis

He feels that this approach builds on his strengths, focusing on the things that matter to him and planning his daily life in a way that contributes to realising his long-term aims.'
(ODPM 2004, p40)

Hints & Hazards

The facilitator gathers information from the person and the key people in her/his life. The plan then consists of trying to build as many positive elements into the person's daily life as possible.

This approach has been particularly useful for people who (a) have negative reputations and challenge services; (b) do not yet feel able to dream beyond current services; and (c) need a safe base and good support in order to dream.

The approach also helps people to design excellent and ongoing supports after a person has achieved her or his dream.

There are additional categories of information to be collected for people with whom we have difficulty communicating to those who need particular attention to stay well or safe. *See Smull & Harrison (1992)*