

Clear Action and Planning for Everyone

CAPE is simple, supportive and available for any person who feels it may be a good idea to plan for the future and would like help and support to do this.

It supports older people, carers, people with a disability, people with a long or short term health condition and anyone, who feels they need help to formulate a plan so they are prepared for any emergency.

CAPE also helps people to find out what is available in the local community to support them.

CAPE aims to help you through the process of preparing a personal plan. It can help you in deciding:

- Why you need a plan
- When to do your plan
- How to do your plan
- What kind of plan you may need
- Where to keep the completed plan
- Who to choose to support and implement your plan

For more information and advice or to find out about the sessions contact:

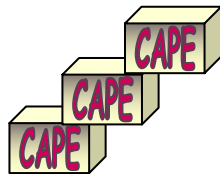
Carers Together

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All information in the planning documents is the property of Carers Together

CLEAR ACTION PLANNING FOR EVERYONE



Personal and emergency planning for everyone

How do you find help and support to think about your possible plan?

- Carers Together hold regular sessions around the county where you can hear from one of our experts about the planning you should be thinking about.
- Additionally, there is advice on the benefits available and how to apply for them and initial advice from an expert or solicitor on legal issues including Lasting Powers of Attorney.
- Other information may include:
 - telecare
 - direct payments
 - self directed support
 - emergency support
 - befriending and companionship
 - personal care
 - respite care
 - other support in each locality to help you to maintain a reasonable lifestyle
 - support to improve your sense of health and well-being
- All the support and signposting will be independent and unbiased and will aim to help and encourage you to set up an individual and personalised plan.
- A planning pack is available to help you prepare your plan. It includes a blank suggested plan to use, together with some ideas/suggestions that can help you think about the actions you may wish to consider taking.

How do you find help and support to think about your possible plan?

- You may wish to telephone the office for advice and support to help you think about your plan
- Alternatively you may wish to arrange for one of our experts to help you to complete your individual plan during one or more dedicated individual sessions, for which there may be a small charge to cover time and expenses.
- **CAPE** personnel will be able to help you with ideas, information and suggestions to make your own plan and arrangements.
- Carers Together may also be able to help during office hours with the implementation of any plan.
- You will keep your plan at home, or with a person you trust to look after your affairs, for example a close relative and/or your solicitor.
- A copy can be lodged with Carers Together if you feel this would be helpful in case you lose or mislay your own copy but this is optional.
- Once completed, the process of planning will give you peace of mind and ensure you are prepared for any eventuality.
- Look for one of the sessions held around the county and find out about the three steps to successful personal planning.

