



OUR FAMILY ESSENTIAL LIFESTYLE PLAN

EXAMPLES AND GUIDE



Burnley, Pendle & Rossendale
Primary Care Trust



This pack has been developed by Helen Sanderson and Clive Acraman, with Sure Start Waterbridge, based on the work of the ELP Learning Community and the Department for Education and Skills.

This pack gives examples that you can share with families of how the different sections could be completed, and suggests how information from person centred approaches could be incorporated into a Family Essential Lifestyle Plan

INTRODUCING OUR FAMILY

What we like and admire about each other...

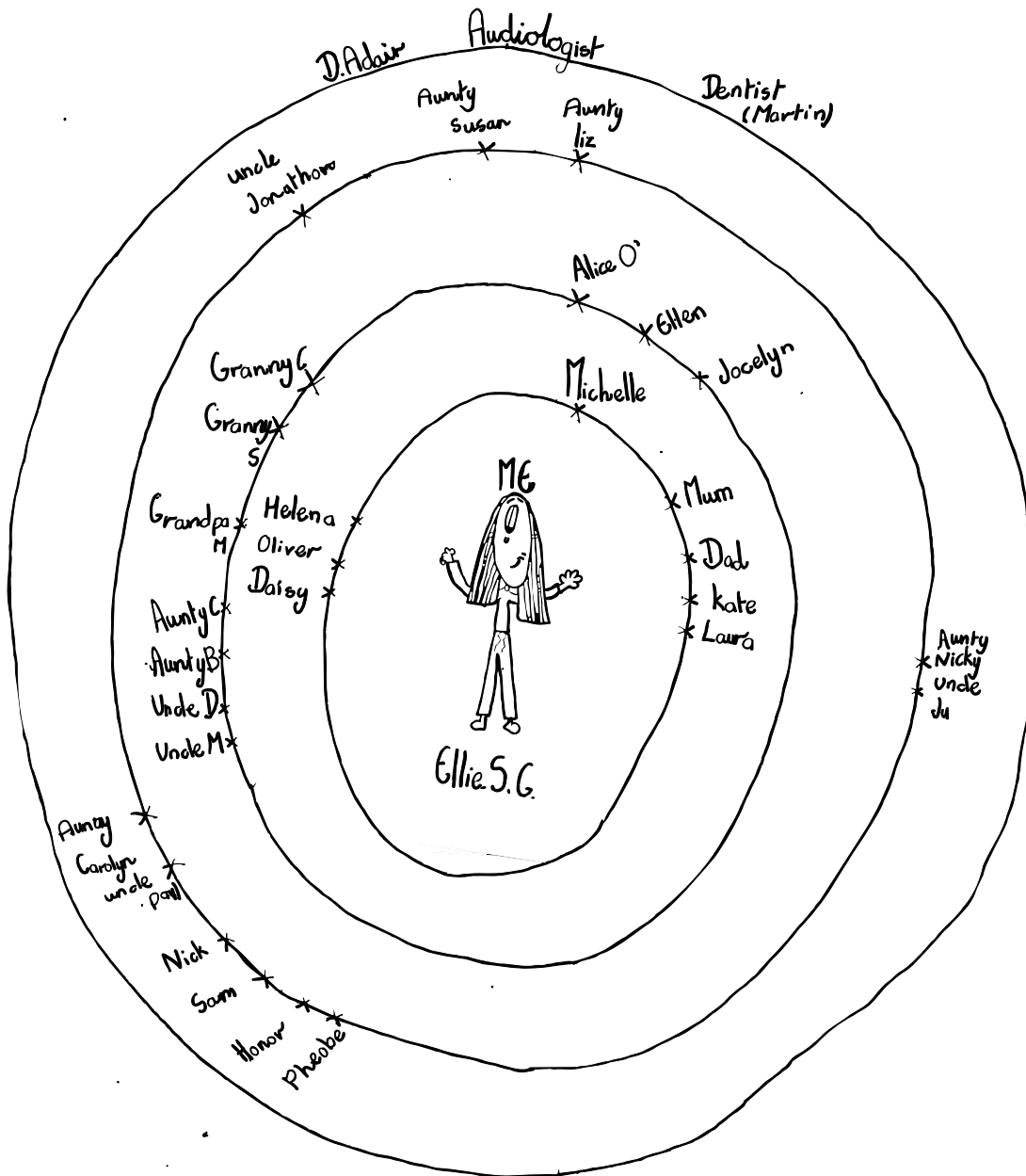
- *Mum is kind, loving and gives really good 'telly-tubby' hugs*
- *Ellie is kind, helpful, and funny.*
- *Laura is, thoughtful, loving and determined*
- *Kate is helpful, confident, friendly, kind and independent*
- *Mum is clever, strong, thoughtful, loving and positive*
- *Dad is helpful, practical, trustworthy and loving*
- *John is really handsome and caring towards all his brothers and sisters*

IMPORTANT PEOPLE IN OUR LIFE

There are lots of different ways that families can use to show who is important to them



People who are important to our family



You could use circles to illustrate who is important, either a family circle or individual ones

You can also use pictures or photographs to illustrate family/friends and relationship circles.



WHAT IS IMPORTANT TO US

As a family

“To see Paul every week, to have him stay over when he wants to (usually every week) and to go on holiday with him for a week every year.”

“About staying safe as a family...”

Each of us needs to tell each other where we are going, who with and when we will be back, We all need to keep a close eye on Robert to make sure he is safe at all times.”

“Loads of cuddles every day – just generally, and particularly when someone is having a bad day.”

We agree that we should not hit, kick or hurt each other.”

Individually

“What is important to Elisabeth?”

- *Having my soft toys (particularly my teddy Sunny, donkey Eleanor, and moose, Lucy).*
- *Practicing skipping with my friends every day.”*

“What is important to Simon?”

About relationships...

- *To be listened to – you need to stop what you are doing, sit down with me and have a chat with me on my own.*
- *Going to see my aunt, uncle and cousins in Scotland 2-3 times a year.*
- *To be with people that I recognise: Mum, Dad, Milena, Paul, grandparents, close family friends.*

SUPPORTING OUR FAMILY

Things we would like you to know about so we don't have to keep repeating it each time we meet someone new:

'Julies Teacher is Mrs Smith at Woodgrove School and Peter's teacher is Mr Banks at Woodgrove School'

'John sees Dr Kearnes (neurologist) once every 6 months who monitors his epilepsy. John has complex partial seizures and is on daily medication'

'Ben lives with his Dad from Sunday 6pm until Wednesday when Dad drops him off at Oldtown Nursery. I (Mum) collect Ben from Oldtown Nursery on Wednesday afternoon and he lives with me for the rest of the week. Although Ben lives with both me and his Dad we do not all meet up together for ANY reason. Ben has the same Health Visitor (Sue Greenhalgh) and attends Sure Start sessions whilst with me and his Dad'

A list of people helping to support us:

| Name | Job | Contact |
|---------------------|------------------------------|-------------------|
| <i>Heather Cobb</i> | <i>Health Visitor</i> | <i>0164537889</i> |
| <i>June Carter</i> | <i>Child Minder</i> | <i>0164333778</i> |
| <i>Lizzy Hale</i> | <i>Family Support Worker</i> | <i>0164225568</i> |

When you are with us please...

'Give me time to think about what you have just told me before wanting an answer'

'Talk to me in words that I understand, and be honest with me'

'Give us a copy of any paperwork – I (Mum) sometimes have to come to appointments alone and finds it difficult to remember all the information I want to tell dad when he comes home'

When you are with us please do not...

'Use language that we don't understand – no jargon'

'Make assumptions that information you have about us has been shared with us'

'Always talk to adults about us (children); we have things to say too'

Support from other people (family, friends, and neighbours)

“Granny Carolyn helping out – for example having Rosemary for occasional Friday mornings if Mummy has to work.”

“Grandparents (Samuels) to baby sit/have the children overnight to ensure Mum and Dad are able to spend some time together. (There is no regular pattern to this.)”

“Julie (childminder) to look after Milena and Oscar four days a week.”

‘You need to know that most of the difficulties in our life are caused by lack of time, being unorganised and not spending enough time together as a family. If we are stressed, help us by offering to do something for us – we often struggle to ask for help ourselves’

‘If any of us have a problem we firstly talk it over as a couple but we also really value the opinions of our close friends and family, and will probably run it past you as well’

To support us individually..

An 8am-6pm Essential Lifestyle Plan

What People Like and Admire about Oscar

- * He's enchanting *
- * He's absolutely beautiful *
- * He's very brave *
- * He's really determined *
- * He's Gorgeous *
- * He's a little chuckler *
- * He's my osky posk *
- * Oscar copies me*
- * When he laughs, he makes me laugh *

| What is Important to Oscar | What we need to know to be successful in supporting Oscar |
|---|--|
| About Family and Friends Talking to Oscar about what he does when not being cared for away from home will help you to understand who Oscar is. We will occasionally send photographs in or pass on messages about things going on in the family. This information will help you understand who other people are in Oscar's life. | Oscar lives with his Mummy and Daddy, and Sister Milena. Oscars Uncle Paul stays with us for at least one night a week every week, and we also go away on holiday with Paul for a week every year. Oscar visits his Grandma and Grandad Samuels every two weeks, as well as his Uncle John and Auntie |

| | |
|---|---|
| <p>About breakfast routines. Between 8am and 9am Oscar has his breakfast.</p> <p>Mid Morning Routine. After his breakfast, Oscar likes to play for an hour or two.</p> | <p>Lois, and cousin Lydia.</p> <p>Oscar sees his Great Grandparent Kirby's approximately once a month.</p> <p>Oscar is also close to his Mummy and Daddy's friends Uncle Graham and Auntie Debra who he sees every week.</p> <p>Oscar has a baby sitter called Selina who he sees during University Holidays.</p> <p>Oscar has some family members in Devon who is visits once a year, they are Auntie Debbie, Auntie Sue, Uncle Pete, Auntie Janet, Auntie Mary, and cousins Molly and Issy.</p> <p>Oscar enjoys being part of the crowd. He needs to be sat in his high chair with others when having his breakfast. Because of his size he uses a booster chair.</p> <p>Oscar should only be given the food that is sent in for him, or that which has been agreed by us</p> <p>If having cereals, half of his pre prepared warmed milk should be used to make his breakfast. He likes to drink the rest from his bottle.</p> <p>If Oscar has food around his mouth after his breakfast, only wipe it gently with a slightly damp cloth.</p> <p>Oscar is currently exploring just about everything, and experimenting with standing up. He therefore needs supporting in keeping safe. This is particularly relevant when his sister Milena is round, as she like to 'help' him explore!</p> |
|---|---|

| | |
|--|--|
| <p>Morning Sleep. Oscar needs a sleep at around 10am.</p> | <p>Oscar currently likes noisy toys, and toys that he can chew.</p> <p>You can tell when Oscar is tired, as he will usually get irritable, and/or want a cuddle. If Oscar is rubbing his eyes or starts to scratch his face at around this time, it is often a sign that he is tired. If he is sucking his thumb, that is definitely a sign.</p> <p>Putting Oscar in a cot, somewhere quiet with a small soft toy to hold is how he gets himself to sleep. His most favourite comfort toys are 'Paddington', 'Funny Rabbit', and 'Winnie'. If these aren't available then any cuddly toy small enough for Oscar to hold easily will be good enough substitutes</p> <p>It is not helpful to Oscar to let him get overtired, as stress causes his eczema to flair up. If Oscar does become upset because he is overtired, he will need a cuddle to calm him down before he can get himself to sleep. If left to cry on his own, Oscar will scratch and hurt himself.</p> <p>Similarly, Oscar will shout to let you know he is awake. It is important that someone goes to him before he becomes distressed, or again he will scratch and hurt himself.</p> |
| <p>Lunch Time</p> | <p>Oscar must only be given the food that is sent in for him at lunch time. Again he likes to be with others and to be in his high chair. Oscar has a drink of juice with his lunch, as with his food Oscar must only have the juice that is sent in for him/or agreed</p> |

| | |
|--|---|
| <p>Afternoon Play</p> | <p>by us.</p> <p>Oscar is very sociable; he really likes to join in, and to be the centre of attention. Oscar likes to clap whilst being sung songs and rhymes to, and to dance to most types of music. Oscar also like his bouncer but gets tired and frustrated after 10 – 20 minutes</p> <p>Oscar is a very quick crawler, and he is beginning to pull himself up on any anything. To keep Oscar safe you will need to know where he is and that things he is pulling himself up on are sturdy and not going to slip.</p> |
| <p>Afternoon Milk</p> | <p>Oscar needs his bottle at 3.30pm he usually likes to try to drink it without coming up for air, but he does need short rests. After his bottle he likes to have a sleep, using the same routine as the morning sleep.</p> |
| <p>About Oscars Health Looking after Oscar’s skin is very important for him, he has a special Skin Care routine that must be followed</p> | <p>Oscar’s eczema means that he has very dry and sensitive skin.</p> <p>It is vitally important that his skin is kept moisturised with the creams provided. Currently these are Emulsifying ointment and Doublebase gel. The creams need to be applied at least 3 hourly (about 11am and again about 2pm). At any point that Oscar’s skin seems dry, more doublebase gel should be applied. Because Oscar’s skin is prone to infection, he needs you to wash your hands before applying his creams. The cream needs to be applied either by patting</p> |

it on or using gentle strokes in the direction of hair growth. Massaging cream into Oscar's skin will inflame it and cause Oscar to itch.

If you feel that Oscars hands and face are dirty before applying his cream, then only wash him very gently with plain cool water, pat dry and apply cream straight away. Any soap products **will** dry Oscar's skin, and other products could cause an allergic reaction.

Should Oscar have a cut or graze and you feel that he needs antiseptic cream, only a very small amount should be applied along with Doublebase gel. Please watch for any adverse reactions from the antiseptic. Any bumps and bruises can be treated with Arnica cream (supplied).

When changing Oscar's nappy a small amount of nappy cream should be applied if his bottom looks sore (supplied).

It is important that no other products are used on Oscar's skin without consulting his parents first due to possible allergies and skin sensitivity.

When in the sunshine please help Oscar to keep his hat on, and always use sun screens that are supplied.

If Oscar gets too warm, this makes him feel uncomfortable and usually leads to him scratching. Ensure Oscar continues to have long trousers and long sleeves on to protect his limbs from being scratched, but take off outer layers if possible and move him to a cooler place.

Oscar has a contact allergy to some pets, so please ensure that he does not come into contact with animals or their hairs/feathers. He also has a

| | |
|-------------------------|--|
| <p>Asthma</p> | <p>reaction to some washing powders so please send any dirty clothes or bibs home unwashed.</p> <p>Oscars asthma is controlled by 2 inhalers, he will only ever need to use his ventolin (Blue inhaler provided) whilst with you. Oscar's asthma is triggered by exposure to cigarette smoke, dust, pet hair and feathers that we know of.</p> <p>When Oscar needs to use his ventolin his breathing will become shallow, with shorter breaths, and a rattle in his chest, usually accompanied by coughing.</p> <p>Oscar will require one puff of his inhaler, distributed through his spacer (provided) once dispersed please keep the spacer to Oscars face for a count of 15. It is a good idea to rest Oscars head in the crook of your arm holding the spacer against his face with the same arm.</p> |
| <p>Hay Fever</p> | <p>We believe Oscar has hay fever, unfortunately until he is one year old he is unable to have any treatment for this. Please try to keep Oscar away from fresh flowers, and newly mown grass. If Oscars eyes become red and swollen, please bathe them with cool boiled water.</p> |

Martin's Communication Chart

| What is happening | What Martin does | What we think it means | What others should do |
|---|--|--|---|
| Any time. | He clenches his fist to mouth, making a munching noise. | He's hungry. | Explain to him its nearly meal time and food is cooking or ask him what he would like to eat. |
| Any time. | He turns your head with his hand or grabs your arm and looks into your eyes. | He wants to speak to you. He wants to ask you something. | Look at him. Listen to him. Give him your full attention. Support him with his communication aid. |
| Any time. | Lashing out at people, punching, kicking, spitting, screaming. | Somebody or something has annoyed him or he is frustrated about something. | Ask him to show you who or what has annoyed him. Ask him has he lost something. |
| Approaches a stranger while out shopping. | Taps the stranger on the arm. | He wants them to talk to him. | Support him to talk to the person. |

| What is happening | What Martin does | What we think it means | What others should do |
|-----------------------------------|--|---|---|
| Going to the doctors or hospital. | Refuses by saying no. Won't get out of the car. | I am frightened. | Talk him through what the doctor will be doing and why. |
| Any time. | He makes huffing and puffing sounds. Looks up to the sky. | He is not happy about doing this. | Talk him through why he has to do it. |
| Any time. | Ripping books and paper up. | He is frustrated or annoyed. | Reassure him with words. Ask him to show you what has upset him. |
| Out walking. | He grabs your arm or stops at the curb edge. | He is unsure if a curb is there or not. | Hold your hand out to him for support. |

Equipment we need as a family

'Stair gates'

'Electrical Plug Covers'

'High chair'

'Smoke Alarm'

'Fire Guard'

What you need to know about Allergies in our family.

'Lori is allergic to penicillin and wasp stings – there must always be anti-histamines in the house and in her bag'

'Johnny is allergic to cats and must not be around cats at any time'

'Adam has hay fever, he manages this with anti-histamines however he must not sit near newly mown grass or fresh flowers as these make him sneeze and his eye's water'

What you need to know about what Medication we use.

'Paula has had febrile convulsions in the past and if she has a temperature at all she needs Nurofen (5mls) immediately'

'John lives with epilepsy and may have severe seizures, if John has a seizure whilst you are with him you need to call an ambulance and be aware that John's medication (Stesolid) is stored in the fridge'

QUESTIONS TO ANSWER/THINGS WE ARE TRYING TO WORK OUT:

As a family

“How can we make sure that we each eat five pieces of fruit or veg a day, because we are only eating about two a day at the moment?”



‘When Alan and John are having a bad day they sometimes fight. How can we make sure they enjoy each others company and stop them hitting each other? How can we make sure they have their own space when they feel like hitting each other?’

“What can we do to make mornings less stressful?”

Individually

‘Shannon is waking a lot at night? What’s this about and how can we help her to get a full nights sleep?’

‘How can I make sure that the children are up and ready for school each morning?’

‘Julia would love to go swimming more often. How can we make sure this happens?’

‘James would really like to see his family more often? How can we help James to do this?’

WHAT IS WORKING FOR US

As a family

'Getting to spend every Sunday together as a family – going out for the day or having Sunday lunch'

'Being able to afford to go away for our holiday'

'Gary's diabetes is now stabilised'

'Having a place to go and play with the children at Sure Start Services'

Individually

Clare

What is working for me

- *I enjoy school.*
- *I have my own bedroom.*
- *Seeing my friends.*

Milena

What is working for me

- *Being a sister.*
- *Having bedtime stories and funny animal books read to me.*
- *Going on trips to the beach with my bucket and spade.*

WHAT IS NOT WORKING FOR US

As a family

'Mum and dad don't live together any more'

'House isn't big enough and there isn't enough space for the children to play'

'Dad isn't always able to look after us because of his health; we miss him when staying with Grandma'

'Not getting up in the morning and being late for school'

Individually

What is not working for me

- Rosemary playing with my stuff without asking me.*
- Rosemary and Elisabeth going to my room without asking.*
- My parents feel 'too organised' and want us to be a healthy family.*

What is not working for me

- Not being the baby in the family.*
- Going to bed when I'm having a good time.*
- Mummy and Daddy interfering with my independence.*

FAMILY SUPPORT PLAN for:

Jones Family

Date: 22nd October 2004

We discussed this with the following people

Kate Jones (mother)

John Jones (father)

Marion Smith (Grandmother)

Brenda Marsh (Midwife)

Anne Weeldon (Family Support Worker)

Michelle Simpson (Health Visitor)

Shannon, Chloe, and Jos Jones

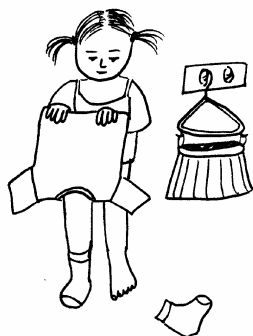
The following people also contributed, by writing a report

James Brown (Social Worker)

FAMILY SUPPORT PLAN

Actions we are going to take with family and friends.

"Talk to Elisabeth and Rosemary about Clare's room being private (and make sure that Clare respects their bedroom as private too!) If this is not enough, think about a note for Clare's bedroom. Mum to make sure this happens within 3 weeks."



"Mummy and Daddy to remember to give Milena plenty of time to complete tasks such as getting dressed/undressed, tidying up, etc. Hurrying Milena up or completing tasks for her upsets her unnecessarily. Milena needs to be enabled to recognise that Mummy and Daddy need to make some decisions for her to keep her safe."

"Mum, Dad, Grandma, Grandad, Uncle John and Aunty Joyce are going to meet together with Lee from the sure start programme to sort out how best to help Mum and Dad to get the children to nursery, and school on time"

We have discussed the services that are available with the people who work with us. This is the support we want as a family, and individually

- *Grandma to look after the children when Dad takes Mum to hospital to have our new baby.*
- *Grandma to look after all the children when not in school*
- *Short term support from sure start family support worker to take Shannon and Chloe to school and to collect them afterwards.*
- *Continuing help at home from the Health Visitor and Midwife.*
- *Mum and Dad to attend Sure Start Parenting Programme.*
- *Jos to become toilet trained in order that he can use the local pre school club*
- *Jos to attend the pre school group two mornings a week*
- *Mum to be supported to breast feed*
- *Jos to receive help with his speech and language development*

We have discussed how things are going with the people who work with our family. These next steps are priorities for us at the moment

Next step

Mum and Dad to attend Sure Start Parenting Programme

Who can help and how, where and when will support be given?

Grandma to look after Jos and baby, whilst Mum and Dad attend Parenting Programme.

Family Support Worker to collect mum and Dad to take to venue for parenting programme.

How will we know if it has made a difference?

Mum and Dad will understand why the children behave the way they do, and will be more confident in managing the children's behaviour.

Next step *Potty training*

Who can help and how, where and when will support be given?

Health Visitor to advise and provide a routine for Jos. Mum, Dad, Grandma to keep faith with the routine

How will we know if it has made a difference?

Jos will become more aware of when he needs to use his potty and be dry more often

Next step

Help Jos to settle at Playgroup.

Who can help and how, where and when will support be given?

Dad, Grandma and local sure start programme. Dad and Grandma to ensure Jos gets to and from Playgroup safely. Sure Start Programme to help family to write an 8 – 6 plan so that staff understand Jos better.

How will we know if it has made a difference?

Jos will make new friends, he will learn through play, and will develop his speech by talking to other children and staff. Staff will have an understanding of who Jos is from his first day

Next step

Breast Feeding

Who can help and how, where and when will support be given?

Midwife, Health Visitor, Support from local sure start programme. Provide support and advice on breast feeding including introducing mum to a breast feeding supporter via the sure start mentoring programme.

How will we know if it has made a difference?

Mum will feel comfortable and supported in breast feeding the new baby.

We consent to our plan (or part of our plan) being shared with the following people:

Sure Start local programme

Health Visitor

Midwife

Oldtown Nursery

Signed:

Date: