



# OUR FAMILY ESSENTIAL LIFESTYLE PLAN

TEMPLATE



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...

# IMPORTANT PEOPLE IN OUR LIFE

# WHAT IS IMPORTANT TO US

As a family

Individually

# 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

## A list of people helping to support us:

Name	Job	Contact Details
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When you are with us please...

When you are with us please do not...

Support from other people (family,  
friends, neighbours)

To support us individually...

Equipment we need as a family

What you need to know about allergies in our family

What you need to know about what medication we use.

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

As a family

Individually

# WHAT IS WORKING FOR US

As a family

Individually

# WHAT IS NOT WORKING FOR US

As a family

Individually

# FAMILY SUPPORT PLAN for:

Date:

We discussed this with the following people:

The following people also contributed, by writing a report:

# FAMILY SUPPORT PLAN

Actions we are going to take with family and friends.

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:

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

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

How will we know if it has made a difference?

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

Signed:

Date: