

# Doughnut to support Mary

## Core responsibilities

To make sure Mary has the right medication

Support her to find a GP

Provide support and options to manage her behaviour

Provide advice and support on eating healthily

Support Mary about managing her home

To treat her with dignity and respect at all times

Provide advice and support about improving her sleep pattern

Provide opportunities which help Mary relax

Understand and respond to situations where Mary is most likely to hurt herself

Support and advise her on inappropriate laughter

Support and talk with her about involving her family in her life

## Judgement and creativity

Encourage her to take her medication

How – Mary needs a GP who is sympathetic to her situation and is able to work with her.  
List the characteristics and qualities Mary would look for in a GP

How that support looks

How – Mary understands healthy eating and binge eats when she is stressed  
Discuss with her what good support might look like

How – Discuss with her what good support would look like.

How – Understand the times when Mary finds sleeping difficult and support her to manage those situations

How – See important to and for

How – See important for

How – Follow the guidelines in her important for

How – Be aware that Mary is very sensitive about this.

## Not our paid responsibility

Force her to take it if she says she does not wish to

If she chooses not to go

Enforce the management plan

If Mary chooses to over eat

If Mary lets her home become a mess

When Mary chooses to sleep

Not our paid responsibility

If she gets in trouble for laughing inappropriately

If she chooses to exclude them

