

Name:Date.....

Tenancy Ready Be Healthy (STEP 3 PLUS)

'SF' = What I want in my Support Plan

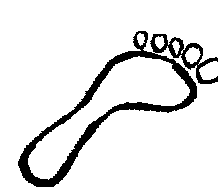
☑ = What I can already do

Be Healthy - TENANCY READY

Step 3 - Being Independent




Knowledge - I Know	☑/SF	Skills - I can	☑/SF
Physical Health			
I know who to contact to access primary care Who could I contact?		I can contact Primary Health Care Who have I contacted?	



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Looking after myself

I know what my mental health and/or drugs and alcohol needs are

What are my needs?

I can discuss my mental health and/or drugs and alcohol needs

Who have I discussed my needs with?

How has this helped me?



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Services available to me			
I know how to contact mental health and/or drugs and alcohol services <i>How can I get in touch with the services?</i>		I can contact mental health and/or drugs and alcohol services <i>Which services have I contacted on my own?</i>	
Getting my needs met			
I know how to get my mental health and/or drugs and alcohol needs met - <i>Guidance 1</i> <i>How can I get my needs met?</i>		I can get my mental health and/or drugs and alcohol needs met <i>Give examples of how my needs are being met:</i>	



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Primary Care			
I know who to contact to access primary care <i>Who could I contact?</i>		I can contact Primary Health Care <i>Who have I contacted?</i>	
Assistive Technologies			
I know how to contact and get help with assistive technology/aid and adaptations for my home <i>Who could I contact?</i>		I can contact those I need to, in relation to assistive technology/aid and adaptations for my home <i>Who have I contacted independently?</i>	



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Making and Keeping appointments

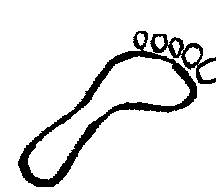
I know how make, and keep an appointment

How do I **make** appointments?

How do I **keep** appointments?

I can make and keep appointments

Give some examples of doing this:



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Cancelling and re-arranging appointments

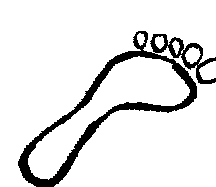
I know how to cancel or re-arrange appointments

How do I cancel appointments?

How do I re-arrange appointments?

I can cancel or re-arrange appointments

Give some examples of doing this:



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Medication			
I know how to sort out my medication <i>How do I do this?</i>		I can sort out my medication <i>Give examples:</i>	



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Managing my tenancy when unwell	
<p>I know I need to keep to a plan to ensure that I manage my tenancy when I am unwell <i>Guidance 2</i></p> <p>What is my plan?</p> <p>How will I keep to it when unwell?</p>	<p>I can manage a tenancy when I am unwell</p> <p>My examples of doing this are:</p> <p>If I have never had a tenancy, how do I plan to manage when I am unwell?</p>

Guidance

1 - For example: Having a cold or breaking a leg.

2 - Unwell due to poor mental health, drug and alcohol relapse, family breakdown, crime or other issues where I need support



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I agree that this evidence has been checked and approved as complete for: • Step 3 - Be Healthy	Date:	Support Worker:
	Date:	Manager:

If the evidence is not sufficient, please state why, or give any further comments:

