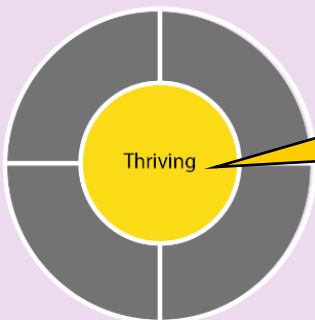


What type of help or support am I getting, and is it right for me/us?

Your care plan has a section which says ‘needs based grouping’. This is a way to describe the type of help or support you have chosen at this time, and comes from the conversations you will have had with a trained person in your assessment(s). Here is a guide on what the needs based groupings mean for you.



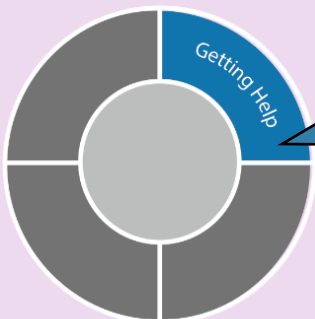
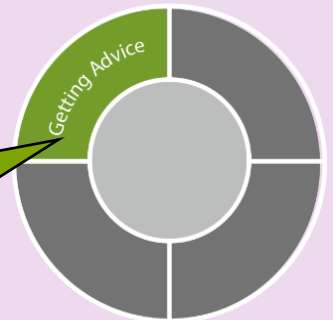
The five needs based groupings



Thriving means: “I know how to keep myself healthy and well, and where to get support in doing that.”



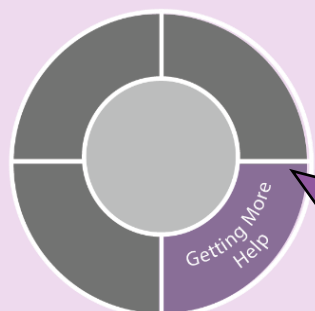
Getting Advice and Signposting means: “It is okay not to feel okay. I may need someone to help me find out who and where to go for advice if we decide I need it.”



Getting Help means: “I may need help from a trained person to try and feel better. Together we set goals and work towards them to keep track of whether the help is making a difference. We have a plan in place if things do not help.”



Getting Risk Support means: “This is a really worrying time for me and those around me. Sometimes I don’t want the help that people are offering me or it is not working. Those around me are working together to keep me safe.”



Getting More Help means: “I may need more help from trained people in different services to try and feel better. Together we set goals and work towards them to keep track of whether the help is making a difference. We have a plan in place if things do not help.”