



CS02 Care Planning



What is a policy?



A **policy** is a list of rules for Ark workers.

This policy has been updated to include the old Good Life Plans and the Risk and Vulnerability Policy. This is now called Care Planning.

Who is this policy for?



All Ark support workers need to follow these rules. Their manager will make sure they are following them.

What is Good Life Plan?



A Good Life Support Plan is created by Ark, you and people involved in your life to know how we will help you to be safe by thinking about the support you need as well as risks and vulnerability.



This includes information such as: your likes and dislikes; things you want to do in your life; people you want to keep in touch with; any risk or vulnerabilities.

Vulnerability means things that make you less safe than other people.



An example is if you can not count money. That might make you vulnerable to people not giving you the right change in a shop.

Your rights



You have a right to make choices about your own life. This includes taking risks.



The law says we need to make sure you are safe from harm as well as be able to make risky choices.

Some people have a **welfare guardian**. This is someone who make choices for you because you are not able to.

For example, a family member or a social worker.



We will only give you as much help as you need. We will help find a way for you to take risks.

Positive risk taking



Positive risk taking means thinking about the chance of something good happening by taking the risk, as well as the dangers.

We need to decide whether the good chances are more important than the risks.



An example could be being in charge of your own medicine.

A good thing would be having control over your life.

A risk would be what happens to your health if you keep forgetting to take the medicine.



Our job is to help make sure the good thing happens and avoid the bad thing.



Lots of things are risky but we do them anyway. For example, there is always a risk of being knocked over by a car when crossing a road.



We still take this risk, because we know how to make the risk smaller.

We make the risk smaller by doing things like looking before we cross the road and waiting for the green man.

Good Life Plans



We will meet with you, us and other people who help you to get information about what you like to do, what outcomes you want to achieve and what are the risks.



At the meeting we will all think about risks and how we can help you be safe.



We will write all the information your workers need to support you on AIMS. AIMS is the tablet your staff use.

Reviews



We will check your Good Life Plan every 6 months. This is called a **review**. It is a meeting with you, us and other people who help you.



Maybe there are new risks or new things you want to do or maybe you do not need as much help with something. We will agree what changes to make to your Good Life Plan.



It is important that we get the balance right between keeping you safe, and you doing the things you want even if they might be risky.

How will workers know what to do?



When people start to work for Ark, they get training.

They will learn about how to help you with risks.

They have to read this policy to help them understand.

When do we check this policy?



This policy lasts for 3 years.

It was agreed by Ark in April 2023.

It will be checked again in April 2026.