

## Susan's Story



I am a recently disabled mother of four. My family is very important to me. Having left hospital after nine months, I want to ensure that my Personal Budget provides the opportunity for me to spend time with my family to rebuild bonds by doing things the whole family enjoys.

Before my accident, I was very sociable and liked to get out and about to meet friends and new people. Many of my friends kept in touch while I was in hospital and I am determined to maintain these friendships by using some of my budget to arrange to go out to meet family and friends and to join social groups.

I want the opportunity to develop, including participating in events and discussion groups concerning Art, Literature and Philosophy. I used to enjoy walking, cycling and dancing, and also plan to use some of my Personal Budget to increase my physical activity and mobility by joining a gym and having a personal trainer who can help me regain some of the fitness, confidence and co-ordination that I have lost since my accident.

I need help and support with everyday tasks such as washing and dressing and using the bathroom. I also need help with preparing meals and support around the house both to maintain my family role and to keep me safe. I need support to get me to and from appointments and social activities, and when I am out and about in case I become lost or anxious. My Personal Budget has allowed me to plan for this support.

I have chosen to take my budget as a Direct Payment which, with support from my husband, I intend to use to employ people and access and pay for the other services and activities identified in my support plan.

My long term goals are to increase my independence and confidence when I am out in the community and busy places, and to return to work. I plan to use my Personal Budget to achieve these goals and to look forward to positive outcomes."