

Team 15: The Support Sequence



Agenda Item:

Time	What	Who	Outcome	Please come prepared by...
15 minutes	Practicing the support sequence to meet outcomes	Your name	We have practiced the support sequence	Watch the video on support sequence on the membership site.

Team 15 session plan – Practicing:

How long	Activity	How to do it	What do say
2 minutes	Team 15 topic – Practicing developing outcomes	Follow steps of outcome setting using the process	<p>You will have seen the video about the support sequence to agree actions for the person to move towards their outcomes.</p> <p>Developing the outcome is deciding the 'what' and the support sequence is a way to decide the 'how' to get there.</p> <p>There are 5 steps to the sequence.</p> <p>We start by asking what the person might be able to do for themselves, self-care.</p>

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			<p>Then we would think about how technology might help, this doesn't have to be specialist equipment it could be as simple as setting an alarm for someone on their phone for example.</p> <p>The third step is to think about what family and friends can contribute to help the person to reach their outcomes.</p> <p>Then we think about what services or amenities are available in the community that we could sign post or enable the person to use.</p> <p>Finally we think about what we as the provider of care can do support the person the reach their outcome."</p>
<p>12 minutes</p>	<p>Practice working through the support sequence</p>	<p>You will need the sheets from the outcomes activity for Pam Team 15 session.</p> <p>Print out the blank sheet, support sequence Pam.</p> <p>Divide the team into groups of 3 or 4 and give each group a blank sheet.</p> <p>Ask each group to present their ideas to</p>	<p>"In our last Team 15 session we developed some outcomes for Pam. Have a look at those now. On the sheet I've just given you imagine how you might support Pam to meet an outcome you've chosen, working through each step in the support sequence. Spend 5 minutes going through this.</p> <p>Now talk through your support sequence with the rest of the group.</p>

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		<p>the rest of the group (allow 6 minutes for this).</p> <p>Share the example included in resources if you think it will be helpful.</p>	<p>What do you think about the ideas you came up with?"</p> <p>Here's another example for Pam. How did your ideas compare to these?</p>
1 minute	Key points	<p>Summarise the key learning point about the support sequence</p>	<p>"By working through the support sequence we can empower people to do more for themselves, be more connected with friends, family and their community and work together in order to support them to meet their outcomes.</p> <p>Another benefit of working through this sequence is that it helps us be more creative in the way we think about support, not just coming up with the same old solutions."</p>