

# Thinking Ahead

Supporting people with learning disabilities and their families to plan for the future

The Thinking Ahead approach to planning the future:

- Gives families practical information
- Has a step-by-step approach so families can do it in their own time
- Starts with what works for the person (rather than services)
- Encourages conversations with others – wider family, friends, paid supporters – to get their ideas and help



9-sections to support families in talking about, and planning for, the future. Sections on:

- Making decisions
  - Planning in a person-centred way
  - Building friendships and support networks
  - Talking about difficult subjects
  - Making financial plans
  - Housing and support
  - Making an emergency plan
  - Keeping an eye on things (quality)
  - Making a plan for the future
- Plus, templates to fill in.



An easy-to-read book for people with learning disabilities and their families. Sections on:

- All About I'm Thinking Ahead
- How to plan
- How to make choices
- How to get the right housing and support

Plus, tips for family, friends and supporters on how to use the guide.

Both available as a download for reading or printing, and as an editable online version you can save and go back to for future use.

**Together Matters can help with planning the future by:**

- Running workshops and information days for families
- Providing training to use the guides for:
  - family support groups
  - advocacy groups
  - carers' centres
  - care managers and other practitioners
- Helping advocacy groups, schools, colleges and day opportunities to use I'm Thinking Ahead
- Working with local authorities to introduce the Thinking Ahead approach

## Get in touch

If you would like to know more about the guides, request hard copies or find out how Together Matters can help you, please email: [christine@togethertomatters.org.uk](mailto:christine@togethertomatters.org.uk)