

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