

## assessment



Relatio

nning

Sometimes, when people discuss their needs about their life, the issues of relationships and intimacy are not fully considered.

This document has been made to help you and your supporters think about your needs before you start planning.

It should make it easier and more comfortable to include what you want in discussions and meetings.

You will just have to ask for the actions sheet to be added into the plan. It may also open up a wider discussion about your sex and relationships needs.

Think about this when you are involved with:

- Person Centred Plans
- Social Work Assessments (sometimes called Care Act Assessments)
- Health Action Plans
- Annual Health checks
- Support Plans






**Have a go at filling the form in and see what actions you come up with**  
**Think about how you can make them happen**



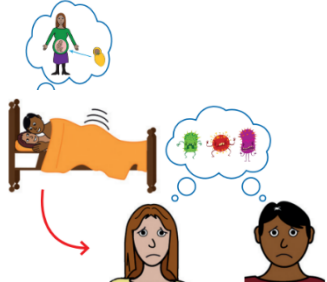


## care planning

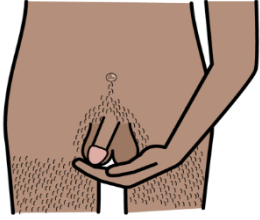

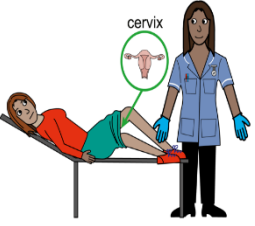

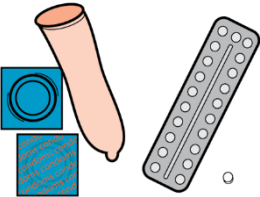


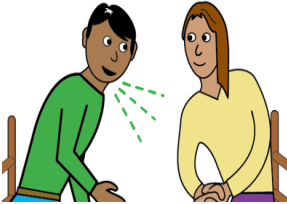
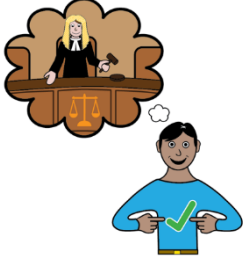
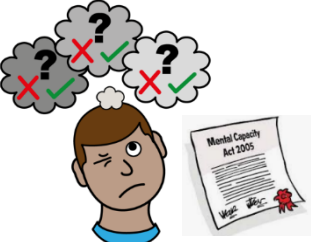

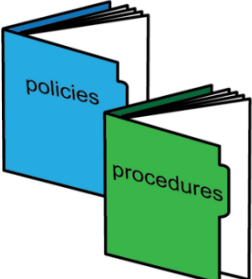
## person centred plan

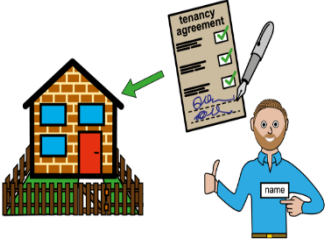





	<b>Relationships</b>	Yes	No	What support would I like?
	I am in a relationship			
	I would like to have a relationship			
	I would like to find out more about getting and keeping a relationship			
	I would like to talk to someone about relationships			
	I would like to meet more people and make new friends			



	<b>Sexual relationships</b>	Yes	No	What support would I like?
	<p>I have had sex education and feel confident about my knowledge</p>			
	<p>I would like to find out more about sex and sexual relationships</p>			
	<p>I know how to prevent sexually transmitted infections and pregnancy</p>			
	<p>I would like to talk to someone about safe sex</p>			
	<p>I would like to talk to someone about a particular issue</p>			

	<b>Sexual health and wellbeing</b>	Yes	No	What support would I like
	I know how to check my testicles			
	I know how to check my breasts			
	I understand that I can have a smear test			
	I know how to access local sexual health services			
	I know where to go for contraceptive advice			

	<p>I would like to talk to someone about sexual health and wellbeing</p>			
	<p><b>Rights and Responsibilities</b></p>	<p>Yes</p>	<p>No</p>	<p>What support would I like?</p>
	<p>I understand what the law says about sex and relationships, including the Human Rights Act</p>			
	<p>I understand what the Mental Capacity Act says about consent and capacity</p>			
	<p>I know that I can contact an advocate to help me to access appropriate support</p>			
	<p>I have access to my support agencies policy about sexuality and relationships</p>			

	<p>If I am a tenant, I understand what my tenancy agreement says about having someone to stay over or move in</p>			
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	<b>Sexual orientation and gender identity</b>	Yes	No	What support would I like?
	<p>I am supported to express my individuality, in the way I dress, express sexual choices and live my life</p>			
	<p>I have access to information about sexual orientation and gender identity</p>			
	<p>I can attend LGBTQ events and support groups if I want to</p>			


	<p>I understand the use of preferred pronouns and people who support me use the ones that I have chosen</p>			
	<p>I would like to talk to someone about sexual orientation and gender identity</p>			

## Actions

Things I want to be included in the plan or discussed at the meeting  
 These are taken from my answers to the questions in this form



Action number	What I want to happen	Who I want to help/support me	Anyone else who needs to be involved	When will this happen?
Example	I would like to know more about how to stay safe in relationships	Staff from my day activity service	A local training organisation, who provide relationships courses	November 2024
1				
2				

3				
4				
5				
6				

Thanks to



for the use of their image bank