

POWER TOOL 12

PLANNING FOR THE FUTURE



headspace toolkit

Advocacy in Somerset

Your Right to Know
(and Your Right to be Heard).

For young people who are inpatients of psychiatric units.

This will help you to plan for:

- What you want to happen (or achieve) before you leave
- What you think you need for life outside the unit

You may also have questions to ask or want a copy of this placed in your medical file. You will need to ask a member of staff to help with this.

What I want to achieve for myself before I leave

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What else I want to happen before I leave

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Support I will need when I have left the unit

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How I would like things to be in 6 months time

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QUESTIONS: What I need to know for my life after I leave (tick boxes)

- How will my treatment or medication change when I leave the unit?
- Will I be able to reduce my medication?
- Where will I get support when I go home?
- Am I entitled to aftercare under Section 117 of the Mental Health Act?
- Do I qualify for support under the Leaving Care Act 2000?

My other questions...

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