



## PERFECT WEEK SCRIPT

The focus of today's Team 15 is the perfect week. The perfect week is one that's an ideal week for the person, which is both practical and possible from within existing resources. It's a detailed description of how somebody wants to live, but it's not a dream or fantasy for them. It includes important places, interests and people that matter to the person, and also includes things that lead them towards where they want to be – so it considers the outcomes for them too.

Then, once you have put together a perfect week, you would look at matching support to work out the best people to support them to do the things that are on their perfect week. It's a great tool for teams to use to evaluate that they're delivering truly personalised support for that person and achieving the right outcomes for them. Before you start, you can use other person-centred thinking tools to gather the information that you need for the perfect week; that would be looking at their relationship circle to see who are the most important people in their lives, looking at their one-page profile to see what's really important to them, looking at their community map to see the places that they go. When you're thinking about outcomes, using tools like 'what's working and what's not working' will help you in thinking about the direction of travel for that person.

In order to fill in the perfect week, you would start with relationships, to be able to show on the perfect week how that person keeps in touch with the most important people in their lives. Then, you would add the 'what' and the 'where'; so the things and places from the one-page profile and the community map that really matter to that person. Then you would add in outcomes, you'd be looking at where the person wants to be in a year, and what needs to take place each week in order to meet those outcomes. Then you take your perfect week, check it out with the person that you've understood everything correctly and that it works for them, and then from that, you would develop a more detailed action plan to try and put that perfect week into place.

The activity that you're going to do is to look at Becky's story, to read that through and then develop a perfect week for her.

