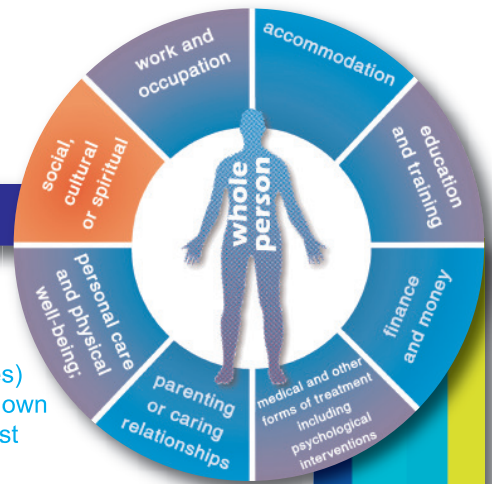


CARE PLANNING INFORMATION SHEET



These are the key questions to consider when setting your **Social, Cultural or Spiritual** goals as part of your holistic Care and Treatment Plan:

1. What do you want to achieve?

For many people the main outcome in this area of life will be to enjoy a full social life, good personal relationships with family and friends, and full engagement with community and leisure facilities.

A major problem faced by many people with a mental illness is loneliness. Hafal recently conducted a survey which found that 50% of service users had been lonely in the past month.

If you have been very ill then establishing networks with fellow patients is a good place to start before moving on and making contacts in the wider community. You may choose to focus on maintaining or improving relationships with your family, colleagues, friends or partner. You can engage or re-engage with a religion of your choice or tradition or follow your hobbies or interests individually or in a group. Another outcome may be to access general leisure facilities.

You should be clear about your cultural and spiritual needs and ensure that in all aspects of your Plan these needs are addressed. Guidance says that your preferred language should be a consideration when you think about your cultural needs.

2. What actions need to be taken or services need to be provided to achieve your goals?

Next think about the actions that need to be taken to achieve your goals, and what services need to be provided to support you.

Services could include:

- Patient group/social club for people with a mental illness
- Marriage counselling/relationship support service
- Family therapy service
- General leisure facilities.

Actions could include:

- Organising to spend time with your family
- Contacting and meeting up with friends
- Establishing and maintaining a network of friends and contacts

- Ensuring your language needs are met (e.g. by engaging with Welsh-language activities/services)
- Pursuing a hobby on your own by joining a class or interest group
- Joining a religious group
- Engaging with local leisure facilities such as the leisure centre, libraries, museums, etc.
- Attending events, concerts, plays, etc.
- Identifying a friend to accompany you as you access local leisure facilities
- Joining Facebook, Twitter and other social networking sites
- Joining a dating service
- Identifying and pursuing volunteering activities.

3. Who can support you to achieve your goals?

Supporters in this area may include your family, friends and other service users. Other people who can support you may include:

- Work colleagues
- Local college
- Voluntary services
- Relate
- Religious group
- and/or
- A family member and/or other carer
- Care Coordinator
- You!



Social, Cultural or Spiritual