

# Inspiration and community for organising support

Community, inspiration and information on organising support for yourself or someone you care about.



## Get inspired by how people organised their support



Lee's tips for making your home more comfy and accessible



How I supported my daughter Tina to live more independently



How I organised my own support around living with cerebral palsy



6 months of having a guide dog

[Read all inspirational stories](#)

## Join the community

**Helen Insatarn**  
July 26 at 3:16pm  
A few of you probably know my partner and his Dad haven't been speaking....  
Last week got together in the park.  
They didn't actually talk about what they were arguing about, but still a lot of progress  
Thanks for the support over the last few months ❤️  
  
3  
Share

**Elfsight**  
July 19 at 4:18pm  
Happy Friday, guys 🍷

**Tommy Turner**  
July 24 at 4:18pm  
Meet Rizzo, my emotional support dog has been keeping me sane while I'm hunting for a personal assistant.  
Does anyone have any leads in the Barking area?  
Literally have looked everywhere and need someone to start this November  
ANY HELP WOULD BE APPRECIATED  
  
7  
Share

**Elfsight**

**Izzy Mews**  
July 23 at 4:09pm  
Does anyone use an Amazon Echo?  
I have 1 connected to my phone but it's stopped working... keeps saying 'bluetooth not connected, please restart'  
I've literally restarted 5 times.  
I'm blind and use it a lot for stuff around the house.  
  
3  
Share

**Elfsight**  
July 15 at 4:22pm

[Join the community](#)

## Upcoming events



**Meditation Coffee Morning**  
Every Wednesday, Online, 10:00am

[Book your place](#)



**Meet n Greet!**  
Tuesday 11th September, 7:00pm

[Book your place](#)



**Talking Stress and Anxiety**  
Sunday 14th September, 6:00pm

[Book your place](#)

[See all upcoming events](#)

## The process of organising support

- 1 Thinking about what you want for your life**  
[Hide](#)  
When it comes to thinking about what support your need, it's a good idea to think about what you want and need in life. As well as what might be available in your community.  
[How to think bigger about your days](#)  
[Visioning the future for you](#)  
[Thinking about what support you have available](#)
- 2 Making your support plan**  
[Show](#)
- 3 Getting your plan agreed**  
[Show](#)
- 4 Organising your money**  
[Show](#)
- 5 Organising your support**  
[Show](#)
- 6 Living your life**  
[Show](#)
- 7 Seeing how it worked**  
[Show](#)

[Read more about the process](#)

## Grab and go templates

These are tried-and-tested templates developed by people with lived experience. You can download them, and work through them at your own pace.



**Creating a support plan**  
Writing about how you want your life to be

[Download the template](#)



**Strength-based conversation prompts**  
Questions for having that conversation

[Download the template](#)



**Preparing for assessment**  
Prompts that help you prepare for having an assessment

[Download the template](#)

[See all templates](#)

## Need to speak to someone?

We offer one-to-one support via email and video call for those facing challenges with self-directed support or disability payments. If you're struggling to access help from your council or unsure where to turn, we're here to assist as many people as we can.

[Read more about this service](#)

Need immediate help? Call the police, or [try these resources](#).

[Donate](#)