

Thinking ahead



The Royal Borough of Kingston Learning Disability Service and Kingston Mencap has been raising the profile of the thinking ahead guide and has been working with families and carers to help them to start to think about putting plans together for the future.

The thinking ahead guide is for parents and carers which has been written and developed in consultation with family members and people who have a learning disability by The Foundation for People with Learning Disabilities.

The guide aims to support carers to plan ahead and to think about what would happen if you are no longer able to care for your relative if an emergency arises for a short period or on a longer term basis.

There are nine sections in the pack which include building friendship and support networks, making financial plans and making an emergency plan.

You can download each section individually meaning that you can use the sections that would be of most use to you.

You can download the thinking ahead guide using this link

www.learningdisabilities.org.uk/our-work/family-friends-community/thinking-ahead/

If you would like to speak to someone about making plans for the future, please call Gill Wood on 020 8540 1399 or email jenny@kingstonmencap.co.uk.