

My Future Care Road Map

Accessible Planning Tool



My Future Care Road Map



Attach a picture
of yourself here

This is my **Future Care Road Map**.

It outlines the things that I want to do in the future and the people who will support me to do them.

It includes my interests and activities, the people in my life, my work and day activity, where I will live, and who will support me when I am older.

Signed: _____

Date: _____

My Future Care Road Map

“What interests and activities are most important to you?”



1. Interests & Activities

Future Plans / Intentions	Supports & Resources Required	Actions Agreed	Person(s) Responsible
1:	.	.	.
2:	.	.	.
3:	.	.	.

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My Future Care Road Map

“What’s the best way for you to stay close to and enjoy family and friends?”



2. Family, Friends & Others

Future Plans / Intentions	Supports & Resources Required	Actions Agreed	Person(s) Responsible
1:	.	.	.
2:	.	.	.
3:	.	.	.

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“What are your future plans for work, training and day activities?”



3. Work, Training & Day Activity

Future Plans / Intentions	Supports & Resources Required	Actions Agreed	Person(s) Responsible
1:	.	.	.
2:	.	.	.
3:	.	.	.

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“Think about where you want to live in the years ahead”



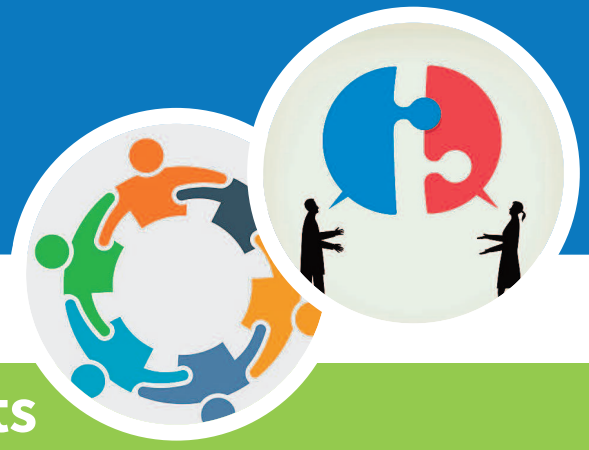
4. Living Arrangements

Future Plans / Intentions	Supports & Resources Required	Actions Agreed	Person(s) Responsible
1:	.	.	.
2:	.	.	.
3:	.	.	.

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“What kind of supports and care will you need in the future?”



5. Care & Support Arrangements

Future Plans / Intentions	Supports & Resources Required	Actions Agreed	Person(s) Responsible
1:	.	.	.
2:	.	.	.
3:	.	.	.

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“What legal arrangements need to be put in place to help organise your future plan?”



6. Legal Arrangements

Future Plans / Intentions	Supports & Resources Required	Actions Agreed	Person(s) Responsible
1:	.	.	.
2:	.	.	.
3:	.	.	.

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“What is the best way to arrange your finances?”

7. Financial Arrangements

Future Plans / Intentions	Supports & Resources Required	Actions Agreed	Person(s) Responsible
1:	.	.	.
2:	.	.	.
3:	.	.	.

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Named Supports

As a named support person in this Future Care Road Map I agree to provide the support outlined in this document to the best of my ability.

[SUPPORT PERSON #1]

Signed _____ Date: _____

[SUPPORT PERSON #2]

Signed _____ Date: _____

[SUPPORT PERSON #3]

Signed _____ Date: _____

[SUPPORT PERSON #4]

Signed _____ Date: _____

[SUPPORT PERSON #5]

Signed _____ Date: _____

[SUPPORT PERSON #6]

Signed _____ Date: _____

[SUPPORT PERSON #7]

Signed _____ Date: _____

[SUPPORT PERSON #8]

Signed _____ Date: _____



The Trinity Centre for Ageing and Intellectual Disability (TCAID) aims to address the inequalities and health disparities that occur for people with intellectual disability as they age.

We do this by conducting rigorous engaged research on the physical and social determinants of health and wellbeing, and translating findings to inform models of policy and practice.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



IRISH RESEARCH COUNCIL
An Chomhairle um Thaighde in Éirinn

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