

## 24/7 Grid

The 24/7 Grid is a simple and visual way to design the support around your daily life. You no longer need to wait for a Social Care or Health professional to help you work out the cost of the support you need because you can now do it yourself! It enables you and your circle of support to build a simple picture of your weekly activities and identify areas where you may need some extra help to achieve your outcomes. The 24/7 Grid can then be used to work out the costs of this additional support and it can help you to look at the real cost of the services you receive now and compare this with what you could do if you had this sum as a personal budget.

### Contact

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### Service Details

**Additional Information** For further information on our services, please contact us, see website, find us on Facebook or follow us on Twitter.

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.