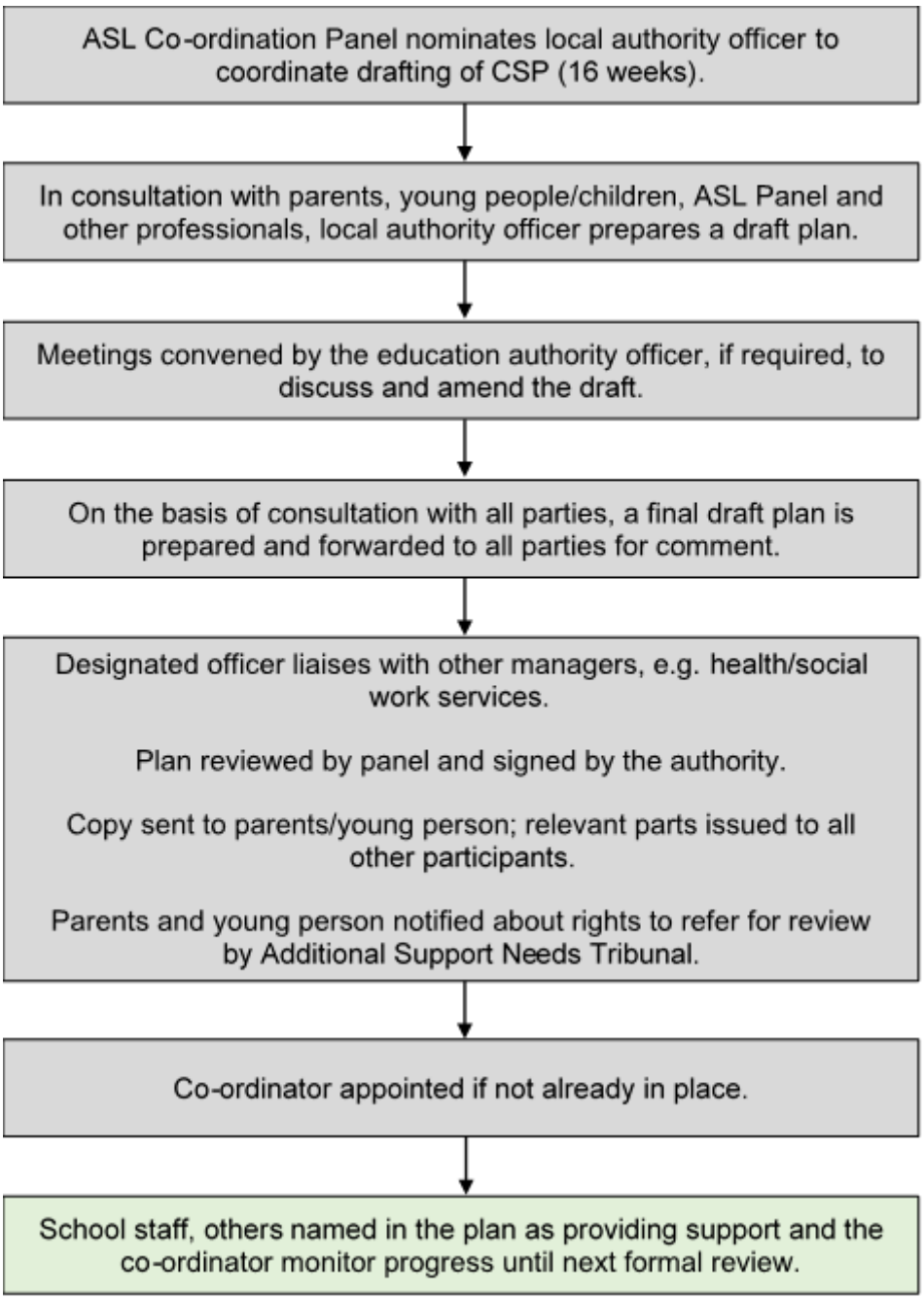Process for creating a Co-ordinated Support Plan