



Supported Living Service

Bespoke facilities for people who need help to live independently

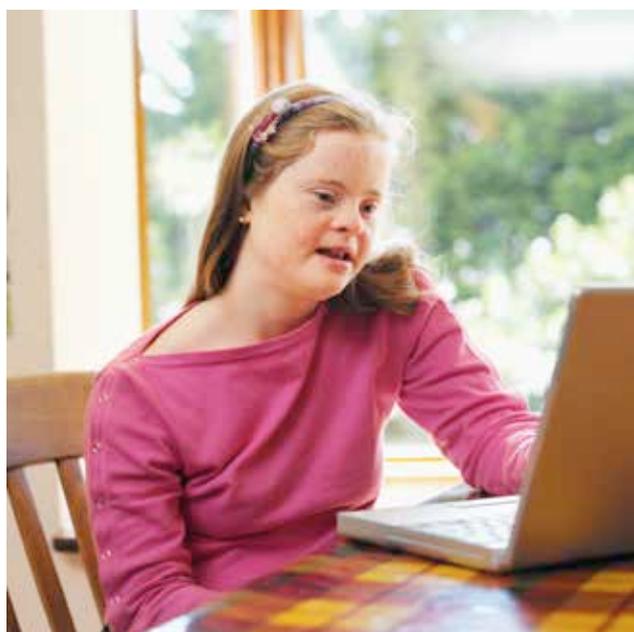


What are our aims?

Our supported living arrangements will be designed to:

- Increase individual's independence
- Support the individual maintain and extend their network of relationships
- Ensure that all residents have opportunities to live meaningful lifestyles, embedded in their community
- Positively reduce behaviours that may be causing concern
- Ensure the individual feels - and is - safe

We believe that people with the most complex needs can live meaningful, productive and enjoyable lives. In order to help them achieve these things, we provide individualised support, systematically delivered, and based upon a sound understanding of their needs.



Who is the service intended for?

The service is focused on people who need help to develop their independent living skills. We offer:

- A high quality supported living environment
- Tailored programme of support
- A person centred approach
- Training courses to develop and enhance independent living skills
- Personalised activity schedules to enhance life opportunities and enable each individual to reach his or her potential
- Short breaks
- Stepped transition to independent accommodation

Where is the service located?

The service is located in a residential area of Stafford. The location has been selected with a focus on ensuring easy access to a wide range of local amenities and opportunities for successful community integration.

Avon Rise provides four self-contained flats, some communal facilities and staff accommodation. The property has been carefully chosen specifically for our client group. We have worked closely with our architect and builder to ensure the accommodation has the features best suited to our residents.

These include:

- A sense of calm and order
- Reduction of detail
- Good proportion
- Space between people
- Easily managed and durable
- Good acoustics
- Safety and security

The accommodation includes sleep-in and waking night cover and has the scope to include 24/7 on-call services from specialist mental health and support staff, where needed.



How will we support our Service Users?

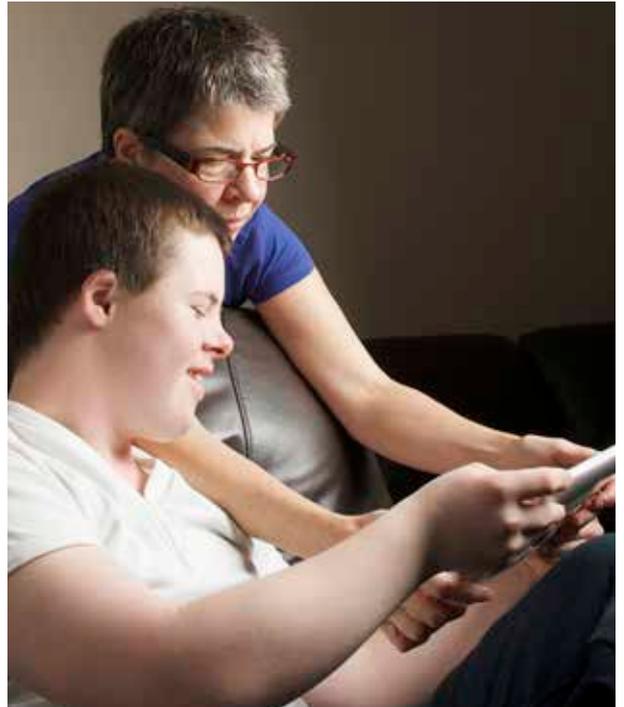
A personalised service

Each individual will be offered a person centred plan, support programme and communication passport incorporating their personal history, setting out their aspirations for the future and identifying their positive skills and attributes and what is important to them.

A staff group trained in Active Support to deliver all programmes

We support people to engage in the activities of independent living in the home and community and provide a range of courses that encompass:

- Personal health and social care
- Independent living skills
- Hobbies and interests
- Social activities
- Work experience and placements
- Education and training



A service that can select from a range of psychological therapies and support strategies, according to individual need

We can offer evidence-based psychological therapies, such as:

- Counselling
- Listening support
- Mindfulness/CBT
- Positive change strategies
- Further assessments and guidance from in-house psychologists, Occupational Health and Speech and Language Therapists

A focus on supporting the individual to develop a range of relationships

We recognise that developing meaningful and safe relationships are important and we actively seek and identify opportunities for friendships with families, friends, work colleagues and chosen groups.





www.midlandspsychology.co.uk

How do I find out more about this service?

Alison Lloyd is Lead for Supported Living and she can be contacted on 01785 748447 or by email at alison.lloyd@midlandspsychology.co.uk

Alternatively you can contact Helen Boss, Company Secretary at helen.boss@midlandspsychology.co.uk or by telephone on 01785 748447.

