

ENABLE Scotland

Leading the way in
learning disabilities



How ENABLE Scotland can support you

Getting a Life not just a Service

Information from ENABLE Scotland



ENABLE Scotland was founded in 1954 by families of children and adults with learning disabilities. People who have learning disabilities, and their families, are still heavily involved in the running of our organisation.

Using the unique experiences of individuals and their families, we have developed a range of services to support people to achieve their life goals and aspirations.

We provide: -

- Supported Living Services
- Flexible Respite Services
- Person-centred Planning
- Employment Services
- Flexible Day Services
- Services for Children and Young People
- An Information Service
- A Trustee Service

We operate across Scotland, employing expert local staff who work alongside people who have learning disabilities and their carers to design, plan and develop the support that really suits them. Our services are individually tailored to your needs.

We have lots of experience of supporting people to do very ordinary things like: -

- Live in their own house, either on their own or with a friend
- Access paid work
- Go on a training course or college course

- Develop an active and full social life, building new friendships in their communities
- Take a holiday or a short break here or abroad
- Make the transition from school to adult life
- Use flexible, community-based resources
- Use inclusive after-school services

Our local staff can work with you to develop personalised, bespoke support that is specific to your individual requirements and aspirations. We can help you find out what funding is available and then support you in the most creative and innovative ways. We always aim to design your support around you and in partnership with you.

To give you some idea of what we can do, here are some stories of people we support in different ways to live the life they choose. You will find more stories and information on our website at www.enable.org.uk



SUPPORTED LIVING SERVICES: SUPPORT TO LIVE IN YOUR OWN HOME



Supported Living means assisting people with day-to-day activities at home, especially anything they need to run a house and to live in the community. It can range from getting support 24/7 with all aspects of daily living, to just a few hours support per week to manage a household budget.

Joe's Story

Getting your first home is an exciting time. Joe lived in hospital for a long time, but four years ago he moved to his first house. Joe wanted to live on his own and he asked ENABLE Scotland to support him. One of our staff spent a lot of time with Joe, his family and the staff in the hospital who knew him well. We used this time to build a really clear picture of Joe and what he wanted and needed.

Joe was able to tell us a lot about himself and about the type of house he wanted, the support he would need and the type of staff he would like to support him. Joe soon found a house and was involved in selecting all his own staff team who got to know Joe and how to support him.

FLEXIBLE RESPITE SERVICES: SUPPORT TO ACCESS HOLIDAYS AND SHORT BREAKS



Flexible respite means providing different ways of enabling someone to have a break from their routine, especially using ordinary resources and opportunities rather than residential care.

Many people with learning disabilities spend time in residential respite services. Not everyone likes this. Some people would much rather go on holiday or go for a short weekend break in a good hotel. In recent years we have learned that, dependant on their individual circumstances, we can support people to go on holidays with

a range of friends, family or paid supporters. Holidays like this can often be more a lot more enjoyable, more cost effective than traditional respite and support individuals to meet their life goals.

David's story

David did not like going to residential respite, but enjoyed time on his own away from his family. David often finished his respite break early because he did not like. As a result, our staff were asked to work with him to develop a different type of break. We got to know David and identified the type of person he would like to support him. With support from David

and his family, we found a new person to support David. Once David felt he knew the worker well enough, a short weekend break was planned. They did not go far away so David could come home early if he wanted. The break went really well and even before it finished David was planning his next trip. After two short weekend breaks, David and his worker wanted to plan a really exciting trip to America. This took lots of planning and preparation but it was all worth it. David spent two weeks on holiday and had the time of his life. Others are now following David and want to try different breaks and holidays.

FLEXIBLE DAY SERVICES: SUPPORT TO PARTICIPATE IN YOUR COMMUNITY



Flexible day services mean enabling people to spend their time on a range of different activities, using local community resources, venues and facilities.

John's Story

Many people with learning disabilities tell us that in the past they have spent too much time in day centres and this makes them feel isolated and not part of the local community. In recent years we have supported lots of people like John to stop using day centres and to develop active and busy lives in their communities.

John used his local day centre for over 15 years. He felt bored and isolated and did not feel his potential was being met. We worked closely with John to help him move on from the centre and build a new range of day supports. Using a wheelchair was less of a barrier than John expected. Pretty soon he was enjoying a full week, meeting friends in local cafes and pubs, using the

local sports centre, signing up to photography courses in his local community centre and finding a job. John really likes the small changes. Starting his day when he feels like it and not having to use the centre bus for transport are really important to John.

John needs a lot of support. He has a lot of complex needs and his support staff work with him to find ways around any situation that might stop John being included in everyday life. The support staff find that many

people in the community are happy to help in John's life. For example, pub and restaurant owners have been really helpful in preparing his food in the way he requires it. This means he can go out when he wants and is able to get something to eat. Sports centres in his local area have set aside changing facilities as well as asking our staff to help them learn more about including people with learning disabilities.

EMPLOYMENT SERVICES: SUPPORT INTO PAID WORK



Employment services mean assisting people to find and keep real jobs that pay a proper wage or to work for themselves and get all the benefits of work like skills, confidence, workmates, a sense of satisfaction and being part of a local community.

Wendy's Story

Wendy works as a Data Input Operator at NMB UK Ltd.

When Wendy dreamed about having a job she was put in touch with one of our employment staff who knew about getting jobs and supporting people to work. The employment worker spent a lot of time with Wendy and helped her figure out what type of job she wanted to do and what skills she already had. Once the worker really understood what Wendy wanted, she started to talk with local employers and soon found out that NMB UK Ltd had paid work on offer that would match Wendy's skills and capabilities.

The employment worker then spent time learning the job so she could work out what support Wendy would need to do the role effectively. Wendy and her worker developed a plan and Wendy started her new job. At first Wendy needed support but now she is doing the job on her own and is an important member of the team at NMB UK Ltd.

Wendy's story is not unusual. We support over 200 people in jobs every day. We use lots of different ways to

help people find jobs and there are many different programmes that people with learning disabilities can link into such as Training For Work, New Deal, Get Ready for Work, Access to Work and WORKSTEP. Our Employment Services can support people to get past any barriers to employment. We aim to ensure individuals with learning disabilities can take part in the workforce and make a contribution to their communities as equal citizens.

CHILDREN'S SERVICES: SUPPORTING CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES TO LIVE INCLUSIVE LIVES



Our Children and Young People's Services support people to have everyday, enjoyable experiences, while providing an opportunity for their families to follow interests of their own.

Jane's Story

Many parents of children with learning disabilities find it difficult to either stay in work or go back to work. For

example, Jane's Mum had been unable to work because Jane was not able to access any out-of-school clubs or projects. Jane's Mum asked us to help and we spent time with Jane and her family, finding out what she liked to do and how she liked to spend her time. We also got to know some really important information about Jane and how she needed a lot of support.

One of our staff talked with lots of out-of-school projects in Jane's area and found out which one might suit Jane. After visiting the service Jane's Mum and Jane agreed that the project was the right one and our worker discussed this with the Project Manager. Jane liked this project because some of her friends from her street went there and she did not see them very much because they went to different schools. Our worker developed a plan to train all the staff at the project and helped them understand the best ways of involving Jane in all their activities. Jane has started using the project and

everyone feels really happy about how much she enjoys this and the new friends she has made.

Would you like similar support?

At ENABLE Scotland we always want to try new ways of providing support and helping people live the life they want. We are really happy to work alongside people to try new things. Not everything goes right all the time and we are always learning about what we could do better or change. The most important thing is to enable people who have learning disabilities to achieve the life they want, and our job is to figure out ways of solving any problems or barriers to this.

For more information please contact:

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Email: info@enable.org.uk

Monday-Friday 1:00pm – 4:00 pm

Or look at our website www.enable.org.uk

How support is arranged and paid for.

The support provided by ENABLE Scotland to individuals is arranged and paid for in many different ways depending on individual circumstances and the funding arrangements for the service.

We can work with you to access the funds that may be available, and support you with funding applications if required.

Whatever your needs, come and talk to us about how we might be able to support you to do the things you want to do. In the first instance, contact our National Office and we will link you to someone who can talk you through what we can offer, and help you decide if you would like to explore our services further.

Date information correct at: 21/09/09

For further information about learning disability and related topics visit the ENABLE Scotland website www.enable.org.uk or contact our Enquiry Line:

0141 226 4541 Monday – Friday 1:00 pm – 4:00 pm

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