

Independent Living Packs 1 and 2

Skills for Living



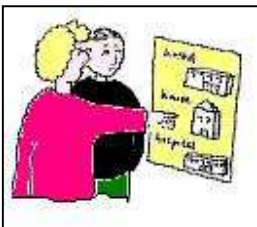
My Life My Home

Why do we need Independent Living Packs?

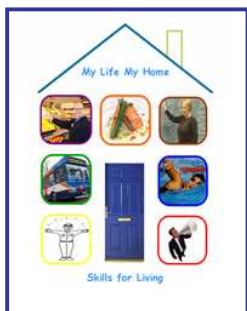
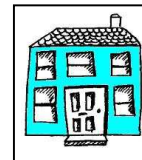
Wywurree is a bungalow based in Newton Abbot which enables people to learn the skills and gain the confidence needed to live in their own homes independently or with support.



The Wywurree team has worked with many different housing organizations that support people to live in their own homes. Through their experiences of visiting people in various settings, the team became aware that there was a lack of easy to understand resource materials that people could use.



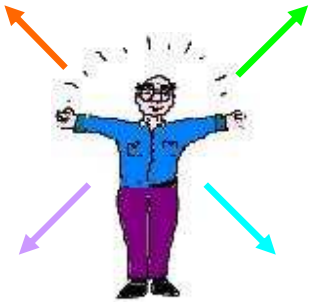
We know more people are now living in smaller, more independent settings and therefore we need to be able to meet peoples changing needs.



The use of these packs would help people to transfer their learning experience from the Wywurree setting (if they attend here) to their own home.



An individual is encouraged to take ownership of their personal packs, Number 1. 'Skills for Living' and 2. 'My Life My Home' and therefore it is up to the individual who they share it with. This will enable the person to stay focused on maintaining and learning new skills.



- The use of these packs helps the person to be supported in person centred ways.

We can also easily adapt packs to meet someone's individual needs.



If people want packs to be in **bigger print** or printed on different coloured paper then we can do this. We want people to use their packs and they will only do this if it has personal value to themselves.

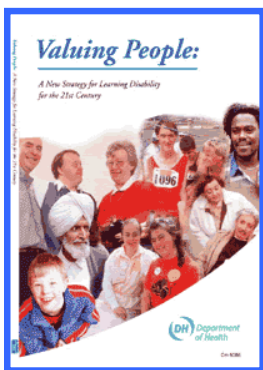


Government Policy



The portfolios are directly related to the following key Government's publications:

Valuing People is the government's plan for making the lives of people with learning disabilities, their families and carers better.



Valuing People 2001 Key principles

- *Rights*
- *Independence*
- *Choice*
- *Inclusion*



N.H.S 2006 your health, your care, your say.

A new direction for community services. This White Paper aims to achieve four main goals:

1. *Better prevention services with earlier intervention*
2. *More choice and a louder voice*

3. *Do more on tackling equalities improving access to community services*
 4. *More support for people with long term needs*
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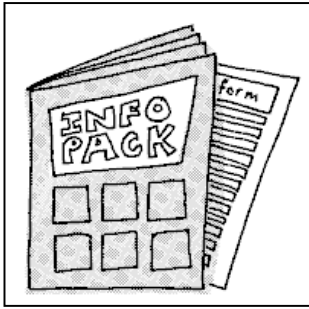
In Control 2004 -

This is based on getting people more control in their lives. This paper was jointly compiled by Mencap, Supporting People and other partnerships. It is based on the following six keys to Citizenship:-

1. Self-determination
2. Direction
3. Money
4. Home
5. Support
6. Community Life



A project group was formed to produce a pack that promotes and supports Independent Living Training in Devon. Skills for Care gave this group funding to produce this.



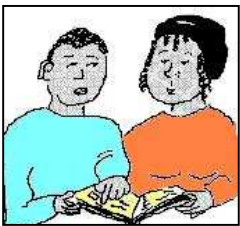
These packs have been produced as a result of discussions with service users, family carers, housing providers, support workers, advocacy groups, employment, education and the Health and Social Care Partnership board. This has all been done in consultation with people who have additional support needs.



What are these packs for and how do we use them?



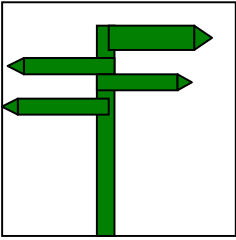
- Each person takes ownership of their Independent Living Packs.



- The person can choose who they want to share them with.



- Some people may want help to complete them.



It is a tool that can empower and help people to achieve the things they value.

The Skills for Living Pack offers lots of signposting to other local and national organizations.



These packs have been designed to be flexible so that the person can easily print out the relevant pages or sections that are important to their lives.

Obviously people needs vary at different times in their lives and therefore a person can choose what section (s) they use at one time.



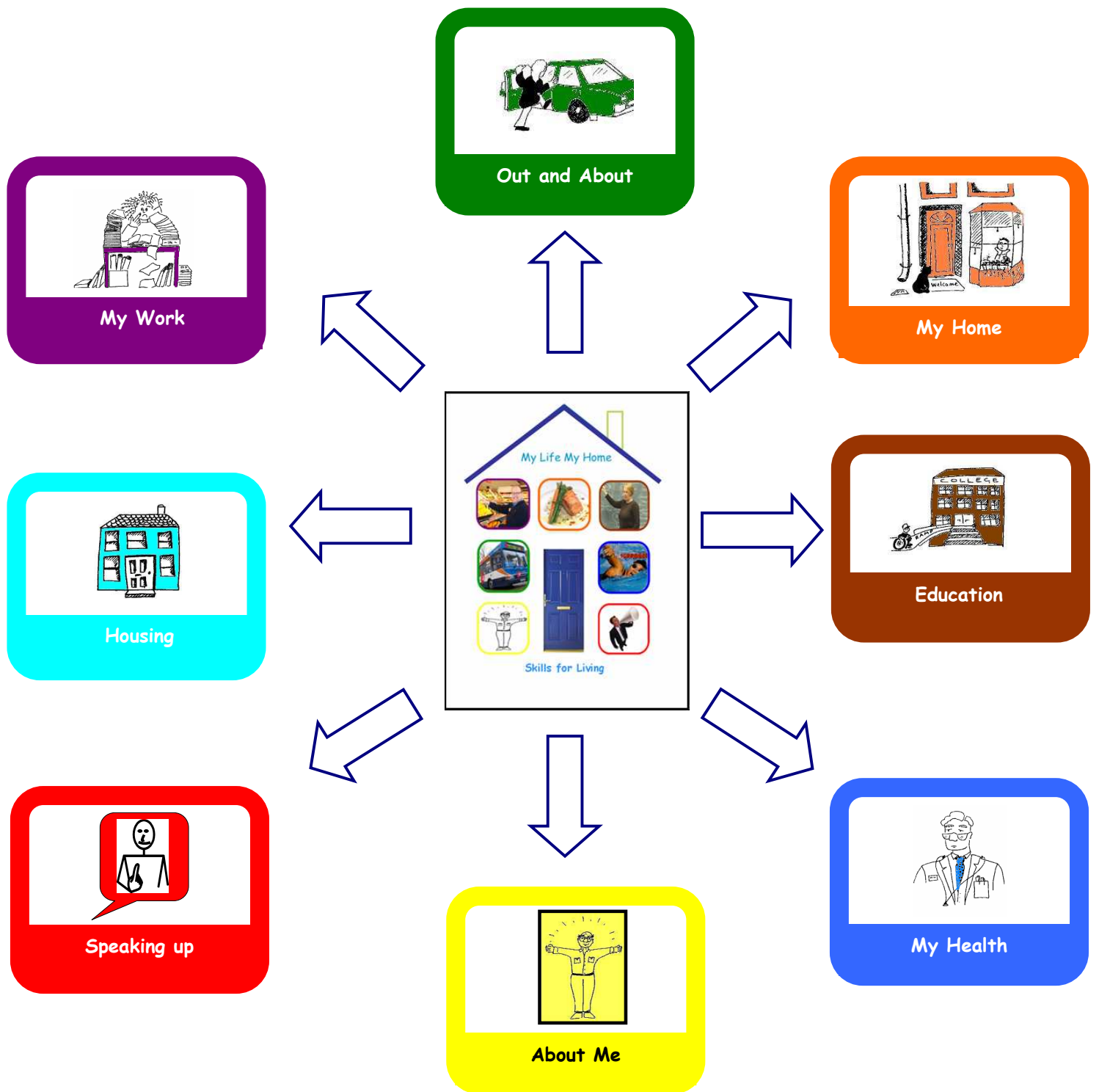
Pack 1, 'Skills for Living' consists of 8 different aspects of daily living which people involved in this project thought were important in order to achieve future goals, whilst accessing services in their local community.

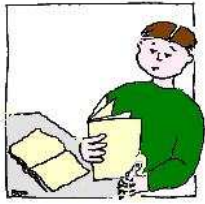


Pack 2, 'My Life, my Home', contains information relevant to supporting people to live in their own homes. This portfolio has resource materials ranging from budgeting money to different levels of recipe sheets.



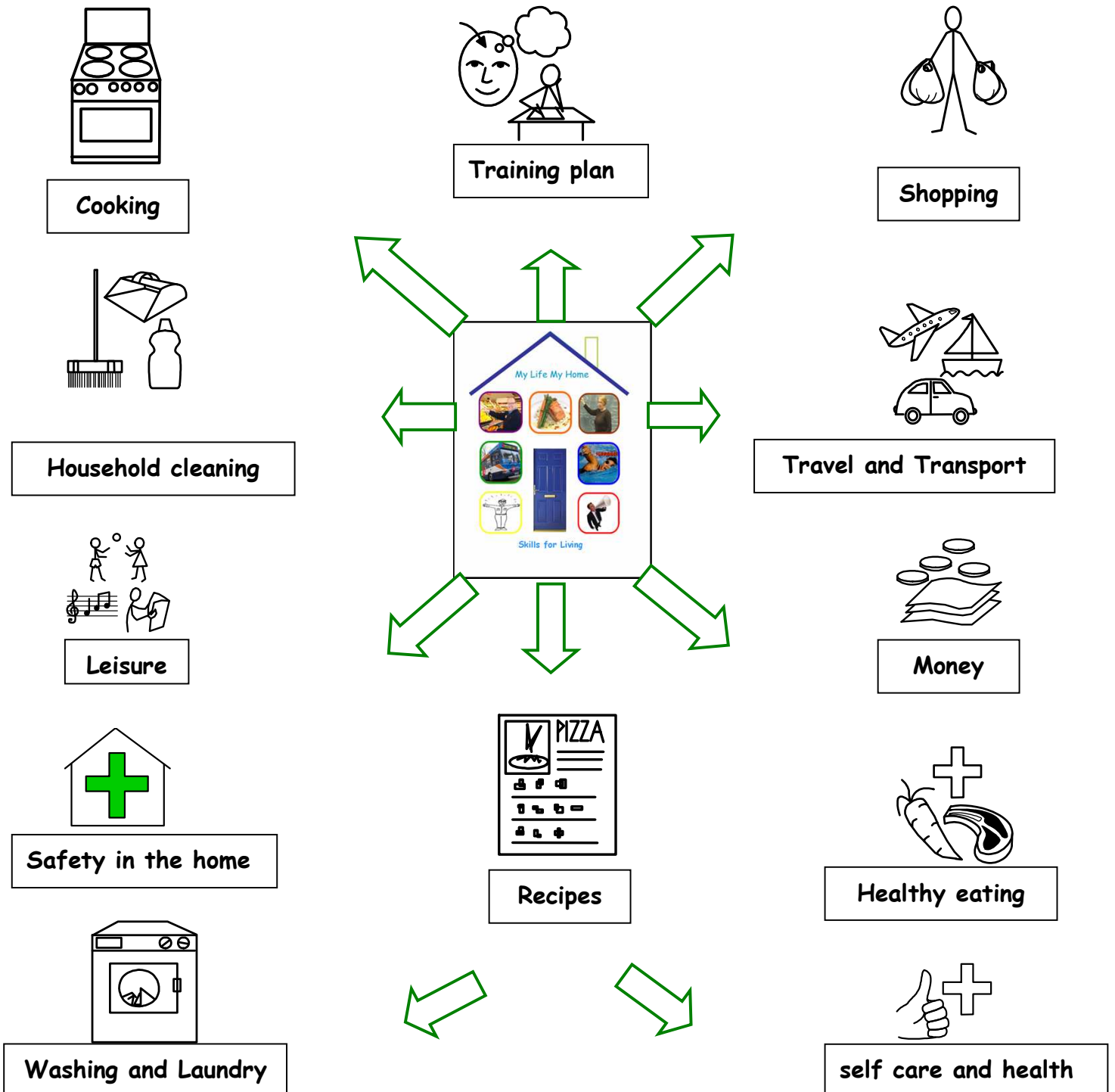
Pack 1, Skills for Living consists of:





An individual has the potential to use all 8 sections of the Skills for Living pack; identify their current level of skills and evidence their achievements. The person can also record their future goals.

Pack 2 My Life My Home consists of:





We feel the use of these packs could help staff to gain a better understanding of individual's needs and how best they can support them.

A completed pack should enable staff to provide continued support in a consistent manner which repeats the individual's beliefs.

These packs are a good reference guide to give people the information needed to lead more independent and fulfilling lives.

If you would like to find out more information about these Independent Living Packs or to obtain a copy then contact the Wywurree team on Newton Abbot 01626 368757 for further details or email val.wilkie@devon.gov.uk or contact Project Co-ordinator hayley.mogridge@devon.gov.uk