

Guide to Services for Adults with a Learning Disability

**Information for parents of young
people in transition to
Adult Services**

This information is also available in Welsh and in alternative formats, such as large print, on audio CD, or electronically. Please phone 01792 614100 for copies.

City and County of Swansea
Dinas a Sir Abertawe



How to get the support you need

The Adult Services Transition Team is the first point of contact. They are part of the Community Support Team, a specialist learning disability team providing a range of support to adults who have a learning disability in Swansea. Telephone: 01792 614100

As your child approaches adulthood the Child Disability Team will let the Adult Service Transition Team know about your child and their needs. Depending on the level of need, this can happen as early as age 14 but should happen no later than age 17. More detailed information on this process can be obtained from your social worker.

The Adult Services Transition Team will carry out an assessment of your child's future needs and a care plan will be drawn up which will set out the services to be received and what they will achieve.

Most of the services in this guide are accessed through an assessment by the Adult Services Transition Team. Where services are open access, contact details will be provided.

This booklet tells you about the range of services available.

'Where will you live?'

Many young people are keen to be more independent and some will welcome the opportunity to share a home with other young people, while some may prefer to live alone. Others may wish to remain at home with family carers.

The people we work with have a broad range of need and some can live independently while some need specialist support throughout the day. We have a range of accommodation and support options to meet this range of need.

We want people to access ordinary housing through private landlords, housing associations or the local authority and to receive the right level of support to maintain their tenancy and their independence.

If people want to stay at home with families we can provide services to support them.

Here are some different ways we support people to live in their local community

Fully Independent Living

This means living independently in ordinary housing as a tenant through a housing association, local authority or private landlord.

Independent Living with low level support

This means living in ordinary housing as a tenant through a housing association, local authority or private landlord with minimal (1-3 hours a week) tenancy/domiciliary support. This support could be provided through any of these agencies:

Tenancy Support Unit is based in Clase (01792 774360) and is available to all residents of the county, including residents of housing associations, local authority or private landlords and owner occupiers. Services are free and they can help with for example, accessing benefits and looking at benefit maximisation, advice on budgeting and debt management and setting up and maintaining gas and electricity accounts.

Coastal Housing provides an assessment and tenancy support service which aims to support people to prepare them to take on and manage their own tenancy. This service is short term.

Flexible Support Service supports people to move towards greater independence in their living arrangements whether they live at home with family carers or in a tenancy with support. This includes **Support towards independence** for individuals who are planning to move to independent living by providing training, advice and guidance on household bills, living skills, budgeting and welfare benefits. Support is also available in emergencies.

Doorways support people to develop skills they need to be more independent in their own tenancy or living at home with family carers.

Village, Alpha, Care Watch and Allied Healthcare are domiciliary care providers who support people with their personal care needs.

Living at home with family carers

We will support people to remain at home with family carers if this is what they want, and a range of day services, respite and support services will be available to support this. Please see

sections on 'Work, Education, Occupation, Social Life' and 'Having a Break' for further details.

Flexible Support Service supports people to move towards greater independence in their living arrangements whether they live at home with family carers or in a tenancy with support by providing support, training, advice and guidance on household bills, living skills, budgeting and welfare benefits. Support is also available in emergencies.

Support Options specialise in domiciliary support in meeting the personal care needs of people with complex health needs living at home with family carers.

Doorways support people to develop skills towards independence for people living in their own tenancy or living at home with family carers

Support for people with medium to high levels of need

Supported Living means living in ordinary housing as a tenant, usually shared living with 2-3 other people with a learning disability with an appropriate level of tenancy and domiciliary support. This could mean 24 hour support through to much lower levels depending upon the person's needs. Additional support can be accessed on a 24 hour basis. It is always the intention to increase independence and reduce levels of support over time if possible.

Adult Family Placement

This means living with a paid, trained family, long term, under a license arrangement. Carers include couples, single people, male and female carers and carers of different ages who we

match to service users whose needs they can best meet. Some of these carers have specialist training to meet more complex needs. This service is managed by the Adult Family Placement Scheme based in the Community Support Team.

Emergency short term accommodation and support

Maesglas Community Support Unit is local authority emergency, temporary residential care accommodation for when current arrangements fall through for whatever reason. The aim is to get people home again as soon as possible and if people cannot go back home, to support the move into alternative living arrangements.

Adult Family Placement is emergency support provided by paid, trained carers in their own home.

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We are considering the feasibility of a scheme which is aimed at keeping people at home, be it at home with family carers or within their own tenancy. Support would be available out of hours to deal with emergencies that would aim to avoid the need for Maesglas Community Support Unit or other alternative arrangements being made.

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This next section tells you about work, education, occupation during the day and social opportunities

‘What will you do?’ Work/Education/Occupation/Social life

When young people leave school or college, what do they do next? Losing the structure provided by the education system can be a difficult time for many young people and their families. Some young people want to find a job, others want to develop their skills further and spend time thinking about what they want to do. For others meaningful occupation during the day will be important and for all young people maintaining and developing friendships is important.

Through the range of support and services available we want to promote:

- contribution to society through work, work related activity and constructive occupation
- growing independence and involvement in community activities
- the development of social support networks
- personal and skills development through adult education opportunities

Which service is provided and for how many days will depend upon the individual’s assessment of need and outcomes they want to achieve. Some people access a range of services and this may not be a day service at all, whilst others may only require day services for one or two days per week while others may require more. It all depends upon the individual situation and we are actively working towards using day services less and ordinary community facilities more for those individuals who are more able.

Over the page are some of the services and support we offer:

Work

Work Development Service

The service supports individuals to gain educational and vocational qualifications and provides work opportunities via a number of projects, with a view to supporting people into either paid or voluntary work.

Any young person accessing this service will be expected to undertake travel training with a view to eventually being able to travel independently.

The service is based at Fforestfach Day Service and links in with a number of projects that work across the Swansea area in partnership with other Council departments, local organisations and businesses.

- If you are interested in being out and being active maybe the Neighbourhood Environment Action Team (NEAT) is for you. This project works in partnership with the Council's Environment Department, to clean up the streets, wasteland, canals, etc.
- If you are keen on recycling then maybe the Swansea Action Team (SWAT) is for you. It is based in Clydach and works in partnership with the Council's Environment Department to recycle old furniture. Or the Bailing Plant which recycles household items in partnership with a local employer.
- If you like meeting people and catering there is always Victoria Park Kiosk and Catering Services that works in partnership with Mental Health Services. This project has

a kiosk in Brynmill providing snacks and takeaway meals to members of the public. It also provides a buffet service to Council services or other organisations on request.

- Or maybe you are a keen gardener. If so the Ground Force and Ground Maintenance service may be ideal. It provides a service to the general public as well Social Services doing maintenance and makeovers. The service also has a nursery in Fforestfach that provides bedding plants, hanging baskets, garden furniture and is open to the public.
- If you are into mechanics then the Bike Scheme may be you're your thing. It works in partnership with the Environment Department and it renovates old bikes which are then sold or donated.
- If you feel confident and want experience in the world of work, placements are provided with the support of a Job Coach in a variety of businesses including offices, catering, cleaning, retail/food, animal centres, nurseries, schools and cafes. These are seen as a stepping stone to employment or voluntary work.

These projects all provide training in a wide variety of job related skills such as the use and maintenance of machinery, health and safety, travel training, work ethics, confidence building, customer care, food preparation, manual handling, food hygiene, cleaning, nursery skills and light construction such as decking – all very useful in enhancing the young person's skill set and independence for future life.

Education, Skills, Social Development and Constructive Occupation

If you do not feel ready for the world of work or work experience then it may be skills development, adult education or constructive occupation that you are looking for.

There is a range of services that can support you in these ways:

Local Day Services

These can help you access education, develop skills and explore opportunities for constructive occupation. The support provided can take place in a range of settings across Swansea as well as in the service itself.

The services support individuals to develop at their own pace but strive to encourage them to move on and to achieve what is important to them.

If you are looking for:

- Further Education courses or to develop daily living skills;
- Leisure, fitness and cultural opportunities within Swansea;
- Workshops, groups, clubs and activities;
- Skills training to increase independence such as travel training, shopping, cooking meals, housekeeping;
- Community work such as litter picking, garden projects.

Then these services are for you:

- West Cross Local Day Service, West Cross
- Glandwr Local Day Service, Landore
- Social Development Service - this has three locations: Fforestfach, Gorseinon and Penlan.

Transport can be provided but this is dependent on an assessment of need.

Connect

This service is based in the Marina and runs workshops and social activities such as craft, music, computer skills, cookery and art with the aim of tackling social exclusion. The service is provided on a sessional basis and is aimed at people who are already quite independent.

Special Needs Day Services

For young people who have a very severe learning disability and the world of work and adult education seems impossible, we have the Special Needs Services. These provide day services to people who have profound and multiple learning disabilities and who could not safely receive a service in a mainstream day service. Opportunities to develop skills in a positive and stimulating environment are offered. The services are based at:

- Birchgrove Special Needs Day Service Birchgrove, Swansea
- Trewarren House Special Needs Day Service, Treboeth
- Maesglas Special Needs Day Service, Maesglas
- Parkway Special Needs Day Service, Sketty Park. This service is for people who require the support of health professionals in order to manage the complexity of their health needs.

Whitethorns Intensive Day Service, Morriston

For people who may temporarily need a more structured day service than our mainstream services can provide, Whitethorns Day Service offers a short to medium term intensive service.

Woodlands Day Service, Swansea

Social Services works with Community Lives Consortium who provides an intensive day service for people whose behaviour challenges and who need a much quieter and protected environment.

New Horizons at Swansea Vale Resource Centre, Swansea Vale

New Horizons aims to enable people with a learning disability who also have a physical disability or sensory impairments to gain greater independence and develop a range of skills.

Flexible Support Service

The Flexible Support Service provides a range of support on an individual and group basis aimed at encouraging greater independence and social skills usually this means a move away from day services towards the young person taking more responsibility of their day to day lives and decisions and greater involvement in their local communities.

The support available includes:

- **Support towards greater independence** for individuals who are planning to move to independent living by providing training, advice and guidance on household bills, living skills, budgeting and welfare benefits. The service is available to support at any time of the day or night where emergencies arise for people living on their own.
- **Emergency short-term support** where there is no appropriate alternative service available.
- **Social Clubs** during the day and evening offering people a chance to meet others and join in social and community activities. There are currently social clubs on:

Monday – daytime

Tuesday – evening

Wednesday – daytime

Thursday – evening

Friday (Face It) – daytime

Transport is not provided by Social Services for these clubs and individuals are expected to get to the clubs themselves. Everyone is encouraged to seek other opportunities to meet up socially with friends away from Social Services' support. Self-running groups have developed as an offshoot from these clubs, such as the Ladies' Group which meets up for shopping and lunch.

- The **Signpost Service** provides a drop in service at St Phillips Community Centre, Swansea City Centre on a Monday and Wednesday for individuals seeking information on social, educational and leisure groups and activities in Swansea.

Our factsheet on day services gives fuller details on each of these services, including opening times
www.swansea.gov.uk/index.cfm?articleid=50722

'Having a Break'

However much the caring relationship means to you it can be tiring and stressful at times. A short break (respite) offers you time out from the normal routine offering you an opportunity to support and sustain the caring relationship.

Day services and services to support people to remain at home are part of this support to carers, as are the social clubs both of which are detailed above.

From time to time carers and those they care for may need a longer time apart and there is a range of services to give both of you a break from this usual routine to allow everyone to recharge their batteries.

Here are some of the options:

Adult Family Placement

If you want a flexible and responsive service provided in a homely environment then the Adult Family Placement Scheme is for you. Once you have received an allocation (i.e. how many nights a year you need) it is up to you and the carer to decide how best to use it.

Young people are matched to an Adult Family Placement Carer and are supported to settle in. Breaks can be provided in emergencies and care can be provided flexibly, for example shorter sessional periods during the day time can be arranged.

Using a Direct Payment

Some people use a Direct Payment to pay for breaks which can be decided on and organised by themselves.

Direct payments can be given in lieu of a service that someone has been assessed as needing and where the Direct Payment will achieve the outcomes that have been identified. There is more information on Direct Payments in our on-line leaflet www.swansea.gov.uk/index.cfm?articleid=50825 or contact Mariann Pedersen by email: Mariann.Pedersen@swansea.gov.uk

Residential Services

For people whose needs are best met in a residential care setting, we have the following provision based in the local community:

- Acacia Road, West Cross
- Alexandra Road, Gorseinon
- Ty Cila, Killay - provides breaks for people who have more complex needs and who need an adapted environment and more specialist support
- Woodlands Respite Service, Swansea – we work with Community Lives Consortium to provide this residential service for adults whose behaviour challenges and where they need a more protected environment.

‘Having Your Say’

We are interested in your opinion on the services that we provide. We also want to support people and their carers to have their say and be involved in how services are planned, developed or changed.

The following services are funded by Learning Disability Services to support you to have your say:

Your Voice Advocacy provides a one to one advocacy service for people with a learning disability who need support to speak up during the assessment process.

Contact: Helen Callaghan, 01792 646573 or e-mail Helencallaghan@btconnect.com

Swansea Participation Service provides support to people with learning disabilities and their carers to participate in decision making at all levels of decision making. This could be within the Service Development Groups which are interested in the quality and development of services through to the Social Care and Health Planning Group that is interested in the strategic direction, quality and purpose of the range of services provided.

Contact: Jenny Davies, 01792 474090 or e-mail Jenny.Davies@mencap.org.uk

People First and Peer Health Advocacy Service is run by and for people with a learning disability. It focuses on supporting people to have better access to primary and secondary health care and on supporting people to understand their own health needs better.

Contact: 01792 466866 or visit www.swanseapeoplefirst.co.uk

Carers Support Group – set up jointly by Learning Disability Services and the Carers Centre. A group of parent carers, supported by the Carers Centre, get together and share experiences and information and provide mutual support. It now mainly focuses on transition and provides a link to the Social Care and Health Planning Group where parent carers can be involved in the strategic planning of services.

Contact: Angela Maguire, 01792 653344 or e-mail angela@swanseacarerscentre.org.uk

‘How YOU can improve your social life’

Many people like to make friendships through shared interests, as well as using the services provided by or through Social

Services. There is a range of social opportunities organised by people with learning disabilities to meet others. There are also activities going on in the community that you might like to join in with:

- Your Voice Advocacy Project organises regular social evenings for people with a learning disability in mainstream venues like Oceana. If you want to go along or want more details please contact Ronan on 01792 646573 or email drbams@yahoo.co.uk
- Mencap curry nights – social nights are organised by Mencap’s Swansea Participation Service. If you want to go along or want more information please contact Jenny Davies on 01792 474090 or e-mail Jenny.Davies@mencap.org.uk
- Time 2 Meet is a project in Swansea which aims to support people who have similar interests to get in touch with each other to organise and develop shared activities. If you are interested please contact Lisa Davies on 01792 646640 or email lisa.davies@communitylives.co.uk
- Big Voice – regular social evenings provide an opportunity to get together with other people with a learning disability to have a say on the sort of services they would like to receive. If you want to go along or want more information please contact Jenny Davies on 01792 474090 or e-mail Jenny.Davies@mencap.org.uk
- Over the page is a list of social and sports clubs that can be accessed by people with a learning disability.



**LEARNING DISABILITY AND PAN DISABILITY
SOCIAL / SPORTS CLUBS
ADULTS / CHILDREN**



Club Name	Venue	Days and Times / Criteria	Activities on Offer	Contact Name / Number
Mencap Gateway Club (Learning Disability)	'Friendship House', John Street Swansea	Tuesday 6.30pm to 8.30pm Wednesday 6.30pm to 8.30pm Friday 6.30pm to 8.00pm	Pottery, computers, pool, cookery, photography, swimming and Friday night disco	Leader – Eifion Wynne, B.E.D. 01639 771873
Gateway Monday Club	Gorseinon Social Centre behind St Catherine's Church	Monday 4.30pm to 8.00pm Must come with Support Referrals through Care Manager	Craft, bingo, bowls, snooker, three trips out per year Qualified instructor and volunteer	Lynne Absalom 01792 418403
Monday Club	Ostreme Hall, Mumbles	Monday 6.45 to 9.15pm Age range – 18 to 30 years	Craft, trips out, table tennis	Liz Collins 01792 206119
Discovery Active 18	Fulton House, University of Wales Swansea	P rearranged trips – for 18 years plus (Adults)	Previous trips include visits to the Community Farm, Chinese New Year celebrations	Kirsty Rowles 01792 295743
Tuesday Disco Learning Disability	The Clase Club, Morrison	First Tuesday of every month Individuals attend without support from carers/ parents – over 18's	Disco – entrance fee £2.00	Tania Parry 01792 418085 Frank Granger

				01792 418055
Faith and Light, Christian Association Pan Disability	St Illtyds Church, Ystrad Road, Fforestfach, Swansea	First Sunday of every month 2.00pm to 2.30pm Age – 18 years and over	Prayer, talk, sharing, craft, refreshments, fellowship and trips	Reverend Adrian Pullen, Chaplain 01792 582738 National Co-ordinator – Angela Glover 01792 581331
Swansea Stingrays	National Pool	9.30am to 10.30am Children and Adults with a disability	Swimming Can progress and compete if required	Secretary – Mrs Wendy James 01792 613313 swanseastingrays@ntlworl d.com
Gladiators Rugby Team	Swansea / Uplands RFC, Upper Killay	Thursday 6.30pm to 8.30pm – Training Matches every other Sunday (by arrangement) Over 18's	Rugby	mailto:tony@swanseagladi ators.co.uk.
Brave Hearts Football Club	Leisure Leagues Indoor Football Arena, Cwmdru, Swansea	Thursday 5.00pm to 6.00pm	Football	Bev Cotter 01792 428249 07875863177 (mobile)