POSITIVE FUTURES

ACHIEVING DREAMS TRANSFORMING LIVES

The Life I Want Strategy

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Overview

- **Welcome**
  - Positive Futures: Who we are!
- **Our Personalisation journey – The Life I Want" strategy**
  - The principals of "Planning Live" and "Just Enough Support"
  - What this approach has meant for the people we support
  - The benefits of an outcomes based approach
  - What we have learned from our personalisation journey – warts and all!
- **The impact of this approach**
- **Links with the introduction of Self Directed Support**

Contract!

- Be curious!
- Be present!
- Be brave!
- Take responsibility for your own learning
- Listen with respect
- No such things as a silly question.

Positive Futures
Achieving Dreams, Transforming lives.

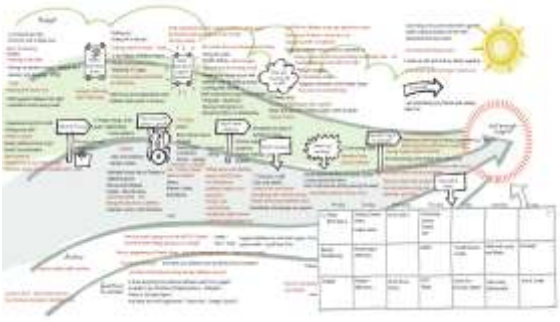
Our Mission:
- Working together to achieve dreams and transform lives.

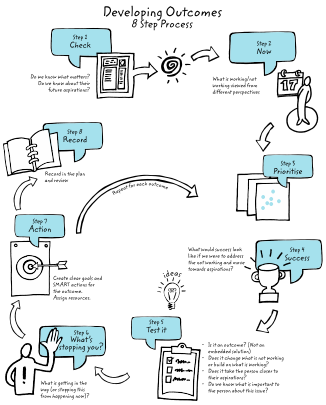
Our Values:
- We put the people we support first – always
- We see possibilities and opportunities
- We challenge the status quo and aren't afraid to lead the way
- We look for new, creative, better ways to do things
- We aim for excellence
- We don't give up – if it needs to be done, we believe it can and will be done
- We are accountable and realistic
- We can show that a small investment in community–based approaches saves considerable money in the long run
- We can prove that our services make a big difference in people's lives
- We welcome helpful feedback
- We believe in the value of partnership working and proactively seek out partnerships

Our personalisation journey - ''The Life I Want'

https://www.youtube.com/watch?v=n2fEQXy5qv4&feature=player_detailpage

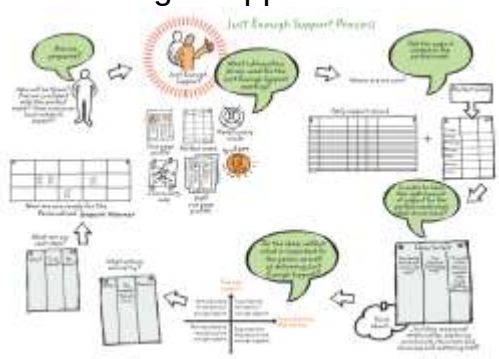
Planning Live





If I could I would…

Just Enough Support



Examples of person centred outcomes for people supported

Person centred outcome:

'I am looking after my wellbeing and feeling comfortable, happy and healthy every day.'

Achievements:

- Kathy has adopted a dog. She visits her dog at an animal sanctuary every week. This provides an opportunity to increase her social networks and increase her exercise.
- Kathy decided to purchase a Wii fit. She works out in her own home with staff she has chosen and has lost weight.

Person centred outcome:

'I have a 'job' that I really enjoy and an opportunity to meet new people.'

Achievements:

- Emma is attending a DJ course. She is super excited about this.
- With support from her staff, when she completes her course she hopes to be able to DJ at the Black Box in Belfast.

How we have managed this without requiring any additional resource!

- One of our supported living services we support 6 people across two households.
- Upon completion of planning live and just enough support we had discovered a proportion of 'additional' support hours that were not needed to deliver individuals 'perfect weeks' and that could be used differently.
- These identified hours were used to support one of the 6 individuals who had deteriorating well-being having been diagnosed with dementia. This meant:
  - We were able to ensure that the individual continued to be supported within her own home
  - We did not need to request additional Trust resource to meet the individuals increased support needs
  - We were also able to use a proportion of the hours for staff to dedicate more time to administration thus ensuring that Person Centred Plans were up to date etc.

Benefits of an outcomes based approach

Planning live and SDS

- The use of 'Planning Live' as a process/tool in empowering and facilitating the creation of Person Centred outcomes for support planning
- Hearing from those that matter:
  'RJ's story' told by his mum Roni'

Partnership working ….

- Everyone is an equal partner in this process
- Shared learning and training promotes success and better outcomes
- Support planning with individuals using person centred practise helps individuals identify all of the resources available to them

What we have learned from our journey?

1. Good communication and appreciating the complexity of change is key to success.
2. Commitment is needed at all levels to successfully drive change and embed processes.
3. You do need someone dedicated to 'DRIVE' the process forward. This was paramount for us.
4. Listening to the people we support and our staff about what is working and not working and taking this on board means everyone can achieve "The Life they Want" regardless of the level of support they need.
5. Team work! Achieving "The Life I Want" is not possible without pulling together.
6. Sharing information and stories to showcase the reality of our work empowers people.
7. Evaluating and evidencing our success / gaps is paramount so we know what direction to take next!

Next steps in our personalisation journey?

- Focus on embedding the culture of 'The Life I Want" throughout our Organisation
- We will be focusing on how best to support people develop "community connections" and develop friendships outside of paid support.
- Supporting the SDS process and making this as easy as possible for individuals through broker support and / or provision of services.

What Positive Futures can offer….

How we can help HSCTs and Service Providers

- Support Planning with the individual using Just Enough Support to identify where Friends, Family, Community and Assistive Technology can contribute to the person's support.
- Training staff in Trusts, Voluntary and private agencies
- Managing the person's budget allocation for the H&SC Trust

How we can help people using SDS

- We are "open for business" to provide support to individuals using their SDS
- Support Planning with the individual using Just Enough Support to identify where Friends, Family, Community and Assistive Technology can contribute to the person's support.
- Helping people use all their resources to meet their needs
- Connecting people to their community
- Managing the person's budget allocation for the H&SC Trust and the individual.

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