

choice and control

choosing your support, your way

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Promoting Independence Factsheet

(Information correct at November 2009)



What is Promoting Independence?

The Promoting Independence service will assess your abilities and difficulties with managing activities of daily living. The aim of the service is to help you regain or learn new skills to live your everyday life and stay within your community. It will also give you time to regain confidence in your own abilities and understand what you need to do to stay safe and well.

The Promoting Independence team is made up of physiotherapists, occupational therapists, promoting independence assistants and domiciliary care managers who are supported by a team of office assistants.

How much will this service cost me?

The Promoting Independence service is free of charge.

How long does the Promoting Independence service last?

The length of time spent with Promoting Independence will be determined by individual progress towards desired outcomes but will not usually last longer than six weeks. During the six-week period, you will have a number of reviews to ensure that the support is fully meeting your individual requirements.

Where will I receive the Promoting Independence service?

You will receive this service in your own home. A member of the Promoting Independence team will visit you on agreed days at agreed times. All members of the Promoting Independence team are fully trained, have had Criminal Record checks and carry identification.

When is the service available?

The service will be provided between the hours of 7.00am and 10.00pm, seven days a week.

How will I be assessed during the Promoting Independence service?

Throughout your time with the Promoting Independence service we will work with you to identify what you are able to do and what you hope to be able to achieve in order to continue to live in your own environment. The service will help you to maximise how much you can do for yourself before any decisions are made about your ongoing support needs.

If, during your assessment, it is identified that you need some continuing support, we will make a request for you to be seen by one of the staff in the Care Navigation team. The Care Navigation team is the service that will help you to develop a support plan to meet any outcomes identified with you.

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What are outcomes?

An outcome can be defined as the benefit or 'added value' that an individual gets as a result of receiving support. An outcome can relate to an improvement in physical, emotional or mental wellbeing or preventing deterioration in health, wellbeing or quality of life.

Achievement of your outcomes will be measured by the 'extra value' that support adds to your life and not just by the amount of support that you receive.

Outcomes can be:

- Developing/maintaining physical health and wellbeing
- Developing/maintaining mental health and well being
- Making decisions and communicating
- Managing money, letters and bills
- Acquiring and maintaining appropriate accommodation
- Personal safety and security
- Personal activities of daily living e.g. getting dressed, washing
- Domestic activities of daily living e.g. preparing a meal
- Taking part in social and leisure activities and being part of the community
- Taking part in learning, training and employment (paid or unpaid)
- Developing/maintaining positive relationships with others
- Supporting carers