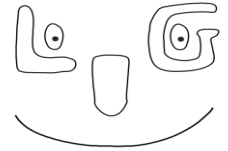




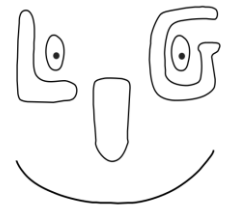
Same As You  
inverness



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Note next venue is at the Shirlie  
[xmas meeting is 7pm on Thursday 12<sup>th</sup> January 2011](#)

## OUR NEWS



**N** – lost another 2 pound with weight watchers. After all the jokes about loosing pounds at the bank by others, everyone wanted to know how it works. they give you a food plan that you can choose items from and each item has points. sometimes the carer works out the points other times the ‘experts’ work out the points they want to use up in a day. you can weigh yourself or get the carers to weigh you or go to weightwatchers to get weighed. the only big rule is no sweet fizzy drinks.

**C** – uses exercise to keep fit and runs and walks up to 2 miles sometimes at the very least but the carers are very good in saying off you go. the carers don’t go so C can choose her routes herself. there is also a yoga course at the college which was recommended

**D** – does loads more walking. it helps to loose weight, keep good circulation and more good advice like this was given by the LD nurse but advice is also not to do too much. we all want to see ‘experts’ smiling and enjoying walking around not leaning against walls puffing!

**J** – told us of flip flop style trainers which help you tone while you walk because they have curved soles

**What will people do if it snows and we can't go out**

**N – told us we can keep healthy inside by eating right even on xmas week**

**C – wants a Wii for xmas as the Corbett centre have one. it is great to beat the bad weather and keep fit and loads of games and sports in it now**

**D – wants to do archery as an indoor beat the snow activity**

**Falcon are doing walking, archery, art, canoeing groups for weekends. Elsie Normington at the Merkinch community centre is the person to get in touch with for buses.**



**Self Directed Support – Jen Campbell is with the SDS or self directed support team. there will be new leaflets out soon as they are all being updated. people will have heard of direct payments and if there are any events or conferences coming up then the SDS team will be happy to attend and tell everyone about how this is different to direct payments. we asked what were they, who is in the team and how will our social workers know about this. we asked questions throughout ...**

**10 years ago direct payments were set up. money was given to people so they could buy their own support the way they wanted it. the government gave money to the highlands for this new SDS-self directed support and it is not just about buying staff to support you but buying what you need to reach a goal or a dream you have. so for young people leaving school it was about buying an activity holiday to learn skills for a possible job or sport. one 'expert' said he wants to learn to drive so an employer might employ him.**

**Direct payments have increased and the team grew from one person to five, we hope we have their names right, Jen Campbell, Gail Mcmillan, Mary Docherty, Katie who will look after the money and Vicky who will look after the phones.**

**There will be a web link to them so people can get more information**

**A Bill from the government which can change to an act of law on social care and self directed support will be talked about in many places from now to February and everything in it will have to be done by workers by 2013. so not long to go. you can go on the government website to look for yourself.**

**it will change how social work deliver your services. you will have heard of person centred plans, self directed support means you choose and plan your service and your goal or dream or service options are chosen and how you want them delivered.**

- some people will need independent advocates to make sure it is their plan and their choice and not staffs**
- some people will need help to test or hear about all the options as some will be very new, this should be independent too as not all staff know about all options or all rights**

**once people have goals the social worker will help plan for that. they are working with Key Community Solutions and Highland Home Carers at the moment with individual service funds.**

**it is an exciting time for 'experts' and carers.**

**The new team will get social work services to think differently about services. usually a SSA single shared assessment gets filled in and matched to pounds and care hours.**

- This is the old care manager approach and we all know of the long forms and then getting support that does not help us stay social or sporty or involved, but usually clean and dressed well enough every day for no-one but carers to see!**

**assessments will now be matched to activities and goals and the community available and a lot of 'experts' will remember the PCP person centred plans many of us did a few years ago. the Shirlie work projects use lots of them.**

- they can be pictorial plans and histories and dreams and actions. other people did them with Stella and others did them with the Scottish human service trust or the PCP networks.**

**circles of support are used where the person is at the centre and everyone else is around you doing what they can to support you out in life. these can be things you are good at but don't get out to do**

- one 'expert' used to get a service bus to the things they liked but because of staff changes and cut backs they don't get to go anymore. there are differences between being able to things you want to do if you are independent and supported and if you are agency supported. agencies stick more to care and say there is not enough staff, or care hours are not social hours there will be needed regular reviews and the 'expert' will speak up about the things they want to do and see and will have people help them ask why it is not happening. this is about supported life with community involvement

- where people are staff supported and differences when one person has support and several people have support in one place, how will outcomes be measured when one person can go running and another is not allowed for instance. who identifies the outcomes and do you or who tells the person about the outcomes they could have and not staff or agency or social worker dependent
- citizen advocacy could help the quiet or easily spoken over, 'the supported quiet' like people who are mild or have autism or have never tried new things to know about choice before

it is recognised that fear can stop people getting outcomes and a few can stop trying out for different outcomes and staff can decide sometimes that an outcome is not for trying without trying it first

social work is about empowering people to try and do for themselves and not doing for them. care can be about identifying a need and getting the help to fit the need but people become unhappy because it is solid and does not change with the person.

supported people can work in some places now, some peoples lives have changed a lot but they still need help to be the same as everyone else

- not be identified by the neighbours as those people they don't know that have lots of staff coming and going and not even know their name
- some supports are still group led, some social work still think in care hours not one off actions or helpful supervisory time which costs nothing

social work will be getting training in creative supports, getting round funding cuts, we will use the In Control DVD from SCLD and look at ideas from the developments of Ness

**Soaps, Key rag, tag and textile and many others. we need to look at supports end goal and not support that last day after day with no change.**

- frontline carer agency workers need training too as many still have not heard of these things or same as you or creatively questioning for change**
- some 'experts' were stopped from growing their work experience due to difficulties in benefits and supports and complications. it was also noted that because some employers did not explain why some 'supported' people were being kept on because the employer did not pay their wages through the 'get ready for work' scheme but other workers had been laid off because of work cuts, it had caused a bit of jealousy. community support and knowledge is needed not just keep 'care' knowledge within social work or agencies. every body needs help sometimes and will when they get old. so everybody needs to think differently about community and caring community**
- will housing support be reviewed as some 'experts' once they know about their money and not have staff control it, might decide to have less housing support and more of the things they want to do**

**the council will pay people money less the assessed housing support and the person should have all information to decide what they want and the social worker will have to decide what in an assessment could be changed or not. some people will get help to maximise their money in but all 'experts' should be in full knowledge and be helped to know what services are, what is spent. some people can use computers or volunteers or other community supports to cut their spend down so that assessed services could stay if a person needed a safe service too. it is about getting out to do more**

- some 'experts' wanted clothes, activities, training and job hunting but house support took a lot of their money and they felt cleaning, shopping, caring and hygiene was not as important as having more social activity.**
- could carers be shared so social activities were not the usual one carer and one 'expert' coffee expeditions. one 'expert' wanted to meet another in a café another wanted to go to a café for a social group, why was this not allowed and why is the phrase 'no money for social activity' one that quite a few 'experts' had heard yet they**

did not live together. xmas time was coming again and the usual well supported creative staff are getting some 'experts' out and others for yet another year are staying in.

we hope people will look at what people in the community do, pre-prepare meals a couple of days ahead, share coffee interagency outings, use I.T. shopping

- individualisation has become about keeping the individual an individual and alone, SAY wanted people to be accepted as individuals within the community everywhere the community goes and wanders and meets sometimes people don't ask for reviews, or know to ask for a review or not have a supervisor to ask for a review for them or are scared if they have one they will loose something but we have examples where people have had reviews and either got a change to something better or got more help

- some people don't need a service but a watchful eye
- will SDS change their name as young people and carers and employers will get confused as SDS will also be involved as skills development Scotland

one will change their name soon as it has been recognised in transitions there are a few anagrams that mean many different things

Our discussion ended and our mince pies got put away!

**MERRY CHRISTMAS EVERYONE – GET DREAMING AND GET PLANNING FOR YOUR LIFE HOURS NOT CARE HOURS. WE HOPE YOU WILL ALL HAVE LONG LISTS AT YOUR NEXT REVIEWS AND IF NO REVIEW, ASK FOR IT**



## **SAY LIG Dates for 2012 are**

**2<sup>nd</sup> February**

**1<sup>st</sup> March**

**5<sup>th</sup> April**

**3<sup>rd</sup> May**

**7<sup>th</sup> June**

**5<sup>th</sup> July**

**2<sup>nd</sup> August**

**6<sup>th</sup> September**

**4<sup>th</sup> October**

**1st November**

**6<sup>th</sup> December**

**[www.highland.gov.uk/socialwork/learningdisability/ligs](http://www.highland.gov.uk/socialwork/learningdisability/ligs)**

**Most meetings will be at the Shirlie 01463 716179**

**Or contact**

**[rona.mem@hotmail.co.uk](mailto:rona.mem@hotmail.co.uk)**

**SAY inverness is the Same As You inverness**

**we are a group of people with learning disability and/or autism, voluntary and private sector, carers and staff carers, professionals and planners who have been working together since 2003**

**we meet to either discuss a set agenda or meet to group advocate or self help, around anything to do with a same as you life. Thus our remit is life wide. Our discussions are shared to aid other planners, staffs, carers and 'experts' (the people using any service) to gain information, improve lives or services and raise awareness around barriers to this Our meetings are held in a safe and friendly environment. We meet the first Thursday of every month and meet at the Shirlie on the corner of Lotland Street and Longman Harbour Road. Our Newssheet can be accessed on the Highland Council website**

**[rona.mem@hotmail.co.uk](mailto:rona.mem@hotmail.co.uk)**

**[alanryndycz@shirlie.co.uk](mailto:alanryndycz@shirlie.co.uk) 01463 716719**