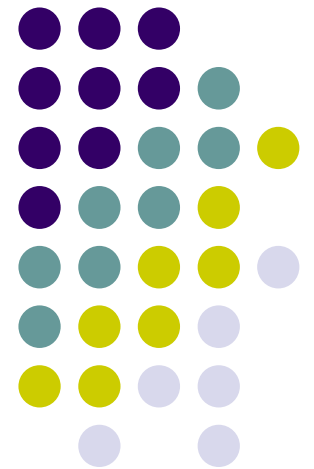


KARE Adult Supports

In 2009 KARE Launched
the 'In Control' Project



The Aims of the Project were:



- Ensure that an individual and / or their family members could be more **in control of their service / supports**
- Investigate are there **alternative ways** to provide support to meet the needs of an individual.
- Play a role in the creation of a **new system of Social Care** in which people will control their support, their money and their lives as valued citizens.

Project Participants



- For Phase 1 of the project Twenty six individuals expressed an initial interest in the project and **7** people were identified as participants.
- In 2013 we are currently supporting **20** individuals

The criteria for selecting the participants included the individual's desire to play a key role and be motivated in '**driving**' the lifestyle they wanted and the supports they needed to facilitate this lifestyle.



The In Control team

Me – as project leader
and two Life Coaches.



Life Coaches – focus on figuring out with the individual what they want from their life and how they will get it to enable them to lead as independent and fulfilling lives as possible. The Life Coach facilitates the plan but does not implement the Goals

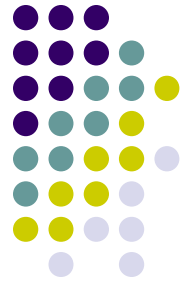


The Life Coaches Job Description has three main areas of responsibility:



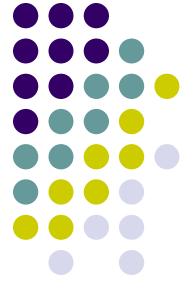
- Listen to 'Me' and understand what I want in my life.
- Help 'Me' and those close to me to look at the possibilities
- Help 'Me' to plan and make it happen

What we do...



- A life Coach works closely with an individual and their family. Where the emphasis is on the preferences, talents, gifts, capacities and dreams of the focus person, rather than on deficits or limitations
- The persons family play an active role and are involved in supporting the person achieve their goals, along with other natural supports.
- An individualised plan is designed which gives direction to everyone concerned.

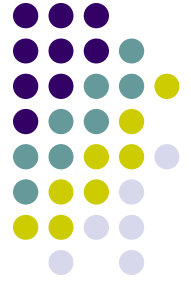
The Person's Plan **Is not** developed on a yearly basis **for** an individual.



Planning is a very fluid process
Every Conversation, informal chat,
discussion is *planning*.



Individual Budgets



- An expenditure plan is prepared for each person based on their individual plan and support needs.
- The individuals personal expenditure is made available to cover essential costs such as:
 - Support in their own home,
 - Support to go away on short breaks,
 - Gaining new skills,
 - Transport costs.

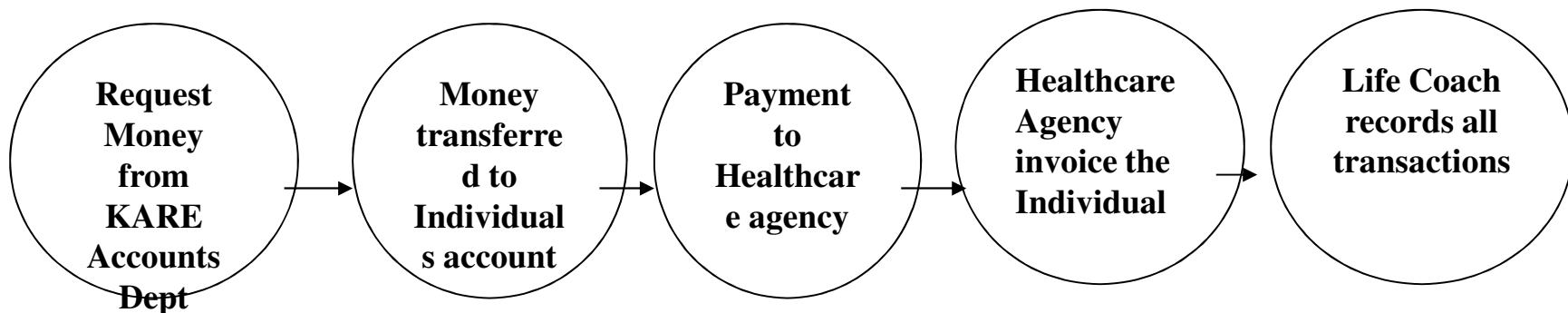


Individual Budgets contd'

- Individuals in the Project who require paid support recruit support workers through a Healthcare Agency not KARE



- The System we devised:



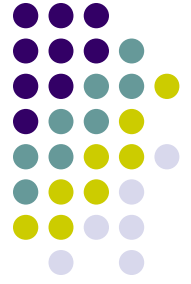


Views of Participants

- In 2012 we conducted an internal review of the project, there was an overall 95% satisfaction rate.



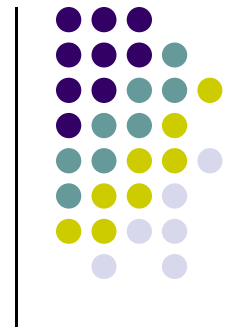
Views of Participants



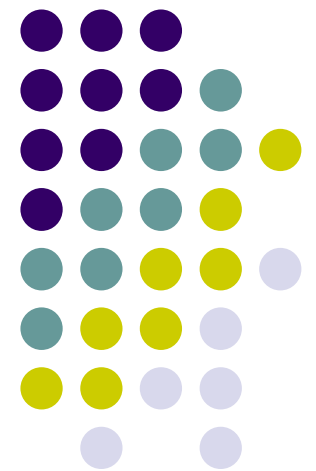
“The project changed everything for me”

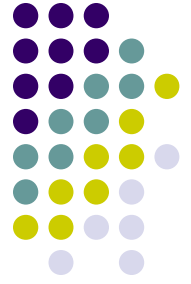
“Before the project people might have worried about me”

“In Control has improved my life, but I would like to get know more people in the town that I have just moved to”

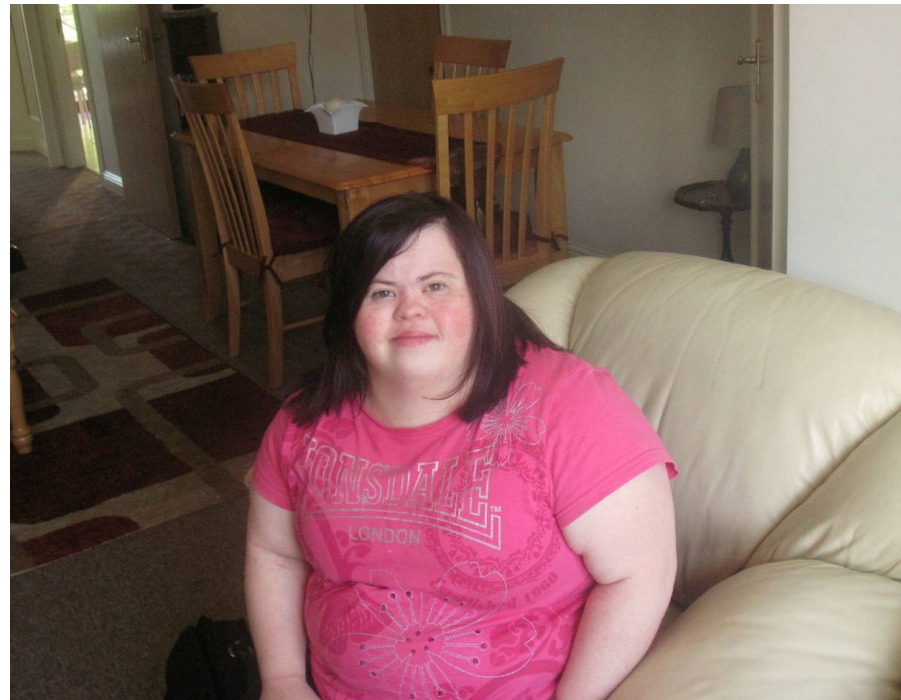


**Lisa's dream
achieved.....**

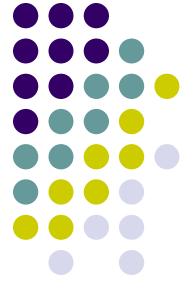




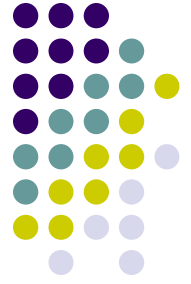
- **Hello my name is Lisa McNabb and I am 33 years old.**
- **I live in an apartment on my own in Blessington, Co. Wicklow**



This is my home.

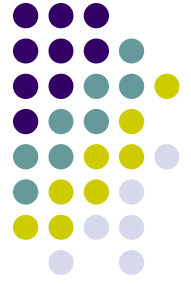


Achieving my Dream...



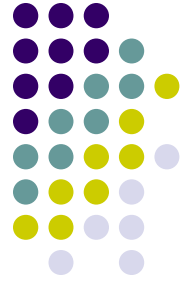
- **I am part of a project in Kare called, In Control. I am proud to be part of it.**
- **The project helped me to have control over my decisions.**
- **My Dream was to have my own apartment.**
- **I had support from Theresa a staff on the project to achieve my dream**

Achieving my Dream continued..



- I had to fill out some forms to go on the housing list with Wicklow Co Council
- I went to the estate agents to look at houses for rent in my local area
- I looked up apartments on the internet
- I looked at a few before I picked one

My Support



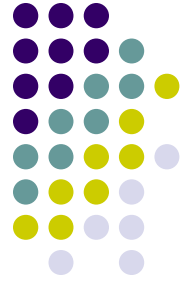
- I have a personal assistant called Esther.
- I interviewed her.
- She helps me prepare meals, do my laundry, do my weekly shopping and any other things I might need.
- Its great to work with Esther, I have a great laugh with her and she is a very nice person.

My Community...



- **I work in Dunne's Stores 3 days a week**
- **I don't attend the local service any more.**
- **I am a member of the Dramatic Society and we are performing this week in Blessington.**
- **I am also a member of the Vikings Swimmers and have been picked for the Regional Games.**
- **I am a member of Weight Watchers**

My Community...



- **I am a member of a golf club and I play every Saturday.**
- **I pay my bills and look after my own money.**
- **I am a member of the local library and I use the internet to go on Facebook and check my gmail account.**

Living my Dream...

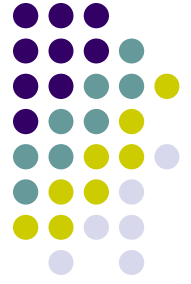


- **I am so glad I moved out of home, it is great I have a new apartment, I am feeling a lot better in my new home.**
- **I want to show everyone I can live on my own and I am going to prove myself.**
- **It is up to me to make the right decisions and to be responsible, show my family, friends and personal assistant that I am able to live independently and get involved in the community as an Adult.**

3 years on..



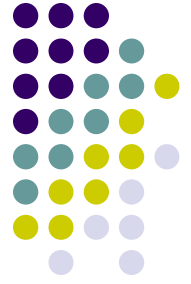
- **I have shown to everyone I can live on my own**
- **I have full control over my own life now**
- **In 2012 I hosted my first Dinner Party, which I loved.**
- **My good friend Linda sometimes stays over and we enjoy a glass of wine or two and a good chat.**



- I would like to thank my family and friends for supporting me over the last few years.

THANK YOU FOR LISTENING

Roisin McNabb, Lisa's mother



- The background to 'our story'.
- Moving on...
- Life now...

