

Living a Life – CoAction's Next Steps Project



January 31st 2013

CoAction West Cork

- Started in 1972 by Parents & Friends Group
- Provide services for children and adults in all parts of West Cork:
 - 268 children
 - 140 adults
- 103 WTE staff (approx 190 people)
- Annual budget - €6m

Where are we?



West Cork



Why CoAction Next Steps?

- Trying to get people to move away from 'serviceland' to individual lives.

- Budget cuts!

- Everyone understand and work together for change.



We do PCPs!

- We do individualised services.....
we do PCPs!



CoAction Next Steps Group

- Steering Group membership:-
 - Reps from adults who use the services
 - Reps from families
 - Reps from staff
 - Middle and Senior managers
 - Board of Directors



“Nothing About Us Without Us”

How did we get people on to the Steering Group

- Separate meetings held with:-
 - Adults who use the service
 - Families of children and adults who use the service
 - Staff
- Representatives elected/selected



Steering Group – first meeting May 3rd 2012



Policy - New Directions

*“In the new approach, each person will be offered a flexible and individualised set of supports so that they can live a life of their own choosing in accordance with their own wishes, aspirations and ~~(needs)~~ **abilities.**”*

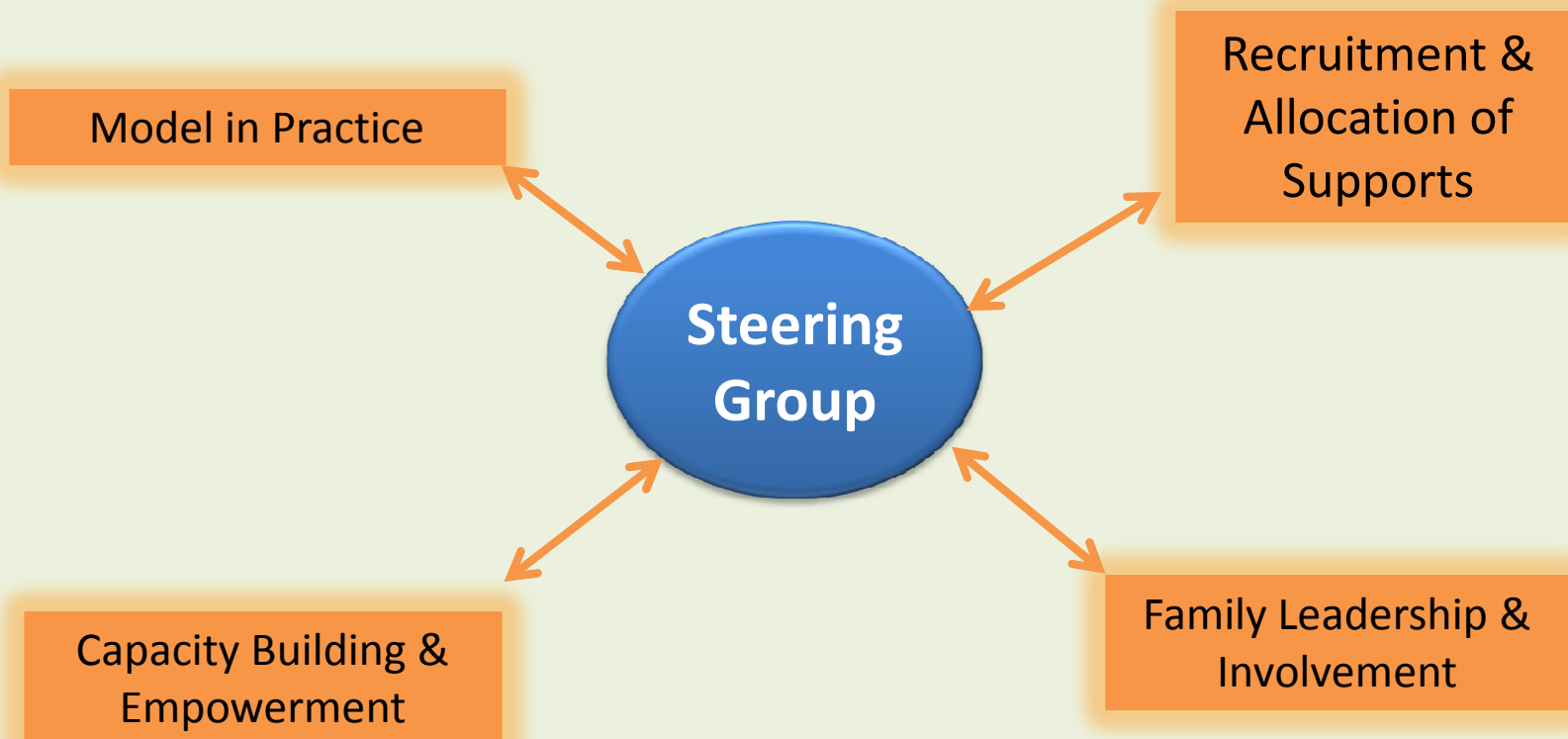


CoAction Next Steps Vision

To support people to live their own
lives in the way they choose



Sub-groups



- Each group includes a self advocate, family member, staff member, manager + others

Where are we now?

- Groups have put together aims, objectives and actions needed.
- Sharing aims and objectives with everyone else to get feedback.
- Research to be done.
- When everyone has had their say will agree final aims, objectives and plan for action.



Example of Aims – Capacity building and empowerment

- To build a belief in Ability only!
- To increase the ability of people to make informed decisions and effective support where necessary.
- To increase people's ability to communicate.

Aims continued

- To increase people's ability to do things for themselves.
- To support opportunities for people to live their own lives. (***“stop stopping us!”***)
- To support the role of advocacy.

Benefits/observations to date

- Real engagement by people who use the service, families, staff and managers – everyone working together - priceless!
- “Can do” attitude!
- People together becoming clear on what we should be doing



Observations continued

- Risk Assessments, Duty of Care – highlighted as a barrier!
- Capacity building for everyone!
- Attitudes changing as part of the process

Moving On!

- People deciding to be more independent, some moving into their own houses.....alot of courage here for people and families!



Are we interested in providing someone with a service?.....Or supporting someone to live their life.....



