



Telford & Wrekin  
Co-operative Council

Protect, care and invest  
to create a better borough

# Adult Social Care Learning Disability and Autism

Personalised Pathways and aspirational journeys  
to independence



my options

# Programmes of independence

---

Outcomes, support plans, goals, care and support – whatever we call it! For each individual we work with their journey to independence should be personal to them to promote their strengths. Our conversations, assessments, planning and decisions, should always be **aspirational** and **think beyond the obvious**.

Our new learning disability strategy focuses on raising aspirations and providing opportunities for people in seven key areas:

- being healthy and independent;
- having friends and relationships;
- having choice;
- getting out and about;
- having a job;
- having the right support; and
- being independent when away from home.

Personalised pathways are designed to develop and support a persons independence. Each personalised pathway is tailored to support an individual's strengths, aspirational goals and enable them to develop skills at their own pace.

Following the Care Act assessment or review, personalised outcomes will be identified to inform the individual's support plan. A personalised outcome plan (POP) will then be developed with the individual and their enablement worker. Each pathway will identify a set of tools for the person to use in every day life, to support their journey of independence.

The POP will link to the individual's Care Act assessment or review and support plan, this will change and develop over time with the individual during the review with the enablement worker and social worker. Specifically designed outcomes for each personalised pathway should be used to support the person on their journey of independence. Each outcome described below should be expanded and personalised in the individual's POP.

Technology, including assistive technology, and it's use will be embedded in all aspects of the pathway programmes to support individuals to become more independent and to enhance their opportunities. This may include, but is not limited to, being safe online; assistive technology and digital solutions to support an individual's care needs; the use of apps, using online services; use of social media.





### Independence at home pathway:

- using technology to help with my daily routines – apps, Alexa, sequencing apps;
  - preparing my meals – preparing ingredients, finding and following recipes;
  - managing my money – paying bills, understanding my benefits, budgeting in my home;
  - using my home, learning to do my own laundry, tidying up, cleaning my home – developing plans/sequences for me to follow in my own home;
  - choosing my clothes for the day – looking at the weather, when I am going, how long I will be;
  - sorting my laundry for washing and putting it away;
  - looking at my mail – asking for help with my mail, booking appointments, making phone calls to others – using a telephone/video calling/emails;
  - be safe in my home – instructions for my heating, closing windows, locking doors, using technology – ring doorbell;
  - keeping my garden – clearing my garden, cutting my grass, keeping my garden clean;
  - taking out my rubbish – when are bins going, which bin is going, what to do if there is a problem – contacting the council; and/or
  - having information that I need to get help, fix a problem and find a solution.
- 



### Independence in my community pathway:

- route planning/travel training – support with planning journeys, doing the journey, walking or using public transport, accessing my local shops;
  - managing my money in the community – using money while out and about, budgeting for my interests;
  - accessing local amenities – looking at places that are of interest, community centre activities and groups, my local libraries, leisure centre, GP, dentist and more;
  - peer support networks – finding people near me, linking with people with similar interests, making new friends and joining community groups;
  - getting involved in what interests me – finding things that interest me, using my strengths and things I want to learn more about, supporting my well-being;
  - meeting people – supporting more independence in talking to people in shops, at the GP, libraries, leisure centre, to be confident in accessing my community, being confident in being in social environment; and/or
  - being safe – plan how to ask for help, use technology to keep safe and get support when needed when out and about either with someone or on my own (Hollie app – GPS, safe places etc).
- 



### Independence while shopping pathway:

- checking my cupboards, understanding use by dates;
- meal planning for the week – making a plan of meals, using recipes – in apps or books;
- supermarket shopping – making a list, checking what you need;
- making a list of what is needed;
- budgeting for my shopping trip – using a calculator, finding the best deal;
- getting my shopping home, putting my shopping away – what goes where;
- get what I need to keep my home clean and tidy;

- shopping for my clothes, shoes, bags – finding my look;
- shopping for my hobbies – making sure I budget for my hobby, looking at different things I may be interested in;
- knowing where to get help when shopping if I need it;
- knowing where to get help – having the confidence to ask;
- planning my shopping times i.e. quieter times;
- knowing how to pay i.e. using cash, debit card, my phone; and/or
- shopping online safely.



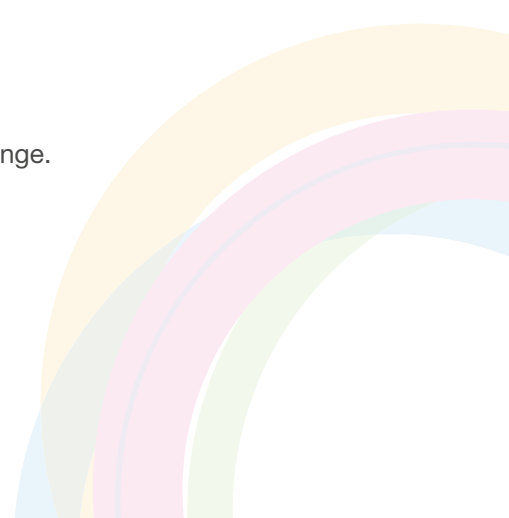
### Being healthy pathway:

- having a healthy diet – linking with shopping, knowing what is healthy for me;
- exercising – knowing about local exercise groups in my community, getting out and about, being with my friends/peers;
- using technology to support a healthy lifestyle;
- being emotionally well – being connected to people, knowing what to do if I feel sad, unhappy or upset/angry – explore apps to support my emotional health;
- using different exercise equipment – finding what works best for me, using apps to monitor my health, what do I need?;
- having my regular check up's – including my annual health check, dentist appointments, physio, etc;
- seeing the professionals who support me – my speech and language therapist, OT, physiotherapist, psychologist, psychiatrist, specialist nurse etc; and/or
- having the support if I am worried about my health and/or my mental health.



### Employment pathway:

- Stepping into Work programme – Employment and Independence app used as part of programme preparing for work. Work placements, voluntary placements, support whilst at work;
- support me to develop enterprise initiatives such as horticulture-community allotment/upcycling-furniture/media production of videos/newsletters/accessible information/supporting the training and recruitment of staff;
- wages – using my money in my everyday life, budgeting my wages;
- technology and digital support for getting into work;
- C.V. writing, filling in an application form;
- looking for work – using the job box, joining an agency, being an apprentice, job clubs;
- getting ready for an interview;
- getting ready for work in the mornings;
- getting my lunch;
- getting to work, coming home; and/or
- knowing who to contact if want to make a change.





### **My relationships pathway:**

- using technology, keeping in touch and connected with my friends and family, the professional support me;
  - understanding me – sexuality, sexual relationships, being in a relationship;
  - seeing my friends and doing things together;
  - seeing my family;
  - knowing people in my community, groups that I would be interested in joining;
  - having opportunities to meet new people and make connections;
  - being able to influence my support;
  - influencing my community to be inclusive;
  - knowing what to do when I am struggling with a relationship;
  - knowing what I need to do when I don't feel safe in a relationship; and/or
  - support to seek information, advice and guidance with my relationships when needed.
- 



# Personalised pathway process

**Care Act assessment/review and support plan designed.**

**Together, the individual, their family/carer, enablement worker and allocated worker.** develop a Personal Outcomes Plan (POP), reviewed on a monthly basis by the enablement worker and fed back to all involved enabling people to increase their independence in their personalised pathways, promoting their independence and linking them to community facilities, activities and resources. Explore use of assistive technology. Develop networks of community based support which enhances their POP.

**Visit the Independence Living Centre and community hubs with your enablement worker and/or allocated worker.** identify assistive technology to deliver outcomes identified in the POP. Consider the use of personal budgets to provide additional assistive technology solutions.

## **Initial review:**

- four to six week POP and Care Act Review completed with all other relevant professionals including specialist health professionals;
- review to explore the progress of the personalised pathway and POP where identified outcomes have been met;
- consideration should be given to further personalised pathways at this stage if needed; and
- no further personalised pathways identified, signpost and connect to community activities and resources. No further interventions required at this time.

## **Enablement worker continues to:**

- four weekly POP reviews;
- support individual to monitor progress with family/carers;
- amend POP to reflect individuals increased independence and progress;
- liaise with individual and family/carers to discuss progress and future planning;
- amend personalised pathways or additional pathways agreed with individual, family/carers, skills coach and allocated worker; and
- allocated worker amends support plan to reflect any increases or decreases to personalised pathways.

## **Personalised pathway outcome:**

- further POP reviews completed;
- Care Act review identifies longer term community support at this time, support plan amended to reflect this change; and
- Personal Outcome Plan achieved with the individual and their family/carer.