

Chelmsford One Page Profile

		Profile Summary: Chelmsford is a supported living house with four adult males with learning difficulties. The support that they require ranges from being minimal support with things like cooking, accessing the community and household tasks through to needing support with medication, personal care and manual handling. The house is on the outskirts of the main town with bus links into the town centre and they all like to spend time out in the community as well as going to the cinema, bowling, going for meals, days out and holidays. Some of these they like to do as individuals, but they all get on well and like to do activities as a group. They all have their own support plans which outlines their needs and how they like to be supported.
People who are important to them	Each other, family members, staff team, health professionals, social workers as well as individual friends and social groups	

It is important to them that staff

- Have a sense of responsibility and can be relied on to provide an excellent level of support.
- Have staff members who are reliable and on time.
- Have a sense of fun and engage with people in a happy, cheerful manner and engage in activities.
- Have an interest in people's welfare and helping them fulfil their dreams and goals.
- Are open minded and enjoy working with people with learning difficulties.
- Understand the values of caring and trustworthy.
- Happy to help them access the community and support them to do activities of their choice.
- Helping to make and maintain relationships with friends.
- Maintaining contact with family members.
- It is important to them that staff can follow the support plans and risk assessments in place to provide a safe and caring environment in the way they like to be supported.
- Are someone who can make a difference to their lives.

What is important to them

- They like to do activities of their choosing like bowling and the cinema
- They like to spend time with their families
- They go to their day centres / jobs
- They are given choices with everyday things they do
- They like stability with staff and in what they do, as a change in routine can unsettle them.
- They are supported to do things themselves, where possible, not do it for them
- They are supported to be as independent as possible

How best to support me

- They like staff to talk to them in a clear, calm way and using ways that make it easy for me to understand
- They like staff to be patient and listen to them as well as giving them the time to process the information before they answer.
- They like to be prompted and encouraged to do tasks, not told.
- They like staff to explain why it is important that they have to do certain things like keeping their room tidy and clean, not just told to do it.

They need support to

- Fulfil their goals and development plans
- Support or encourage with personal care, medication and everyday tasks.
- Prepare food and drinks and ensure a healthy diet is offered.
- Engage in activities inside and outside the home.
- Manage and do all paperwork like finances, updating support plans and risk assessments.
- Help to build friendships and relationships.
- Maintain relationships with families.
- Support with finding / attending jobs

They want support to

- Do interesting activities at home and in the community.
- Arrange events at the home for our friends and family to attend.
- They want staff who can support them to life plan to ensure that they achieve personal accomplishments.
- Develop new skills through person centered support.
- To aim to live an independent life as far as possible.