



Promoting Independence Through Communication



Thank you for joining us ...

Alison Forster; Service Manager, Transitions

Annie Baker; Community Advocacy Manager, Swindon Advocacy Movement.

Independence – What does it mean?



Independence means different things to different people



Each individual young person will have different abilities and different potential



Promoting independence means recognising the potential in each young person and supporting them to live as independent a life as is possible for them

What does independence mean to you and your young person?

It's good to talk

Why is communication important?



There are often many important people and agencies supporting a young person

- Informal Support from parents, brothers, sisters, carers
- Schools, colleges, support workers, therapists
- Club, groups, activities

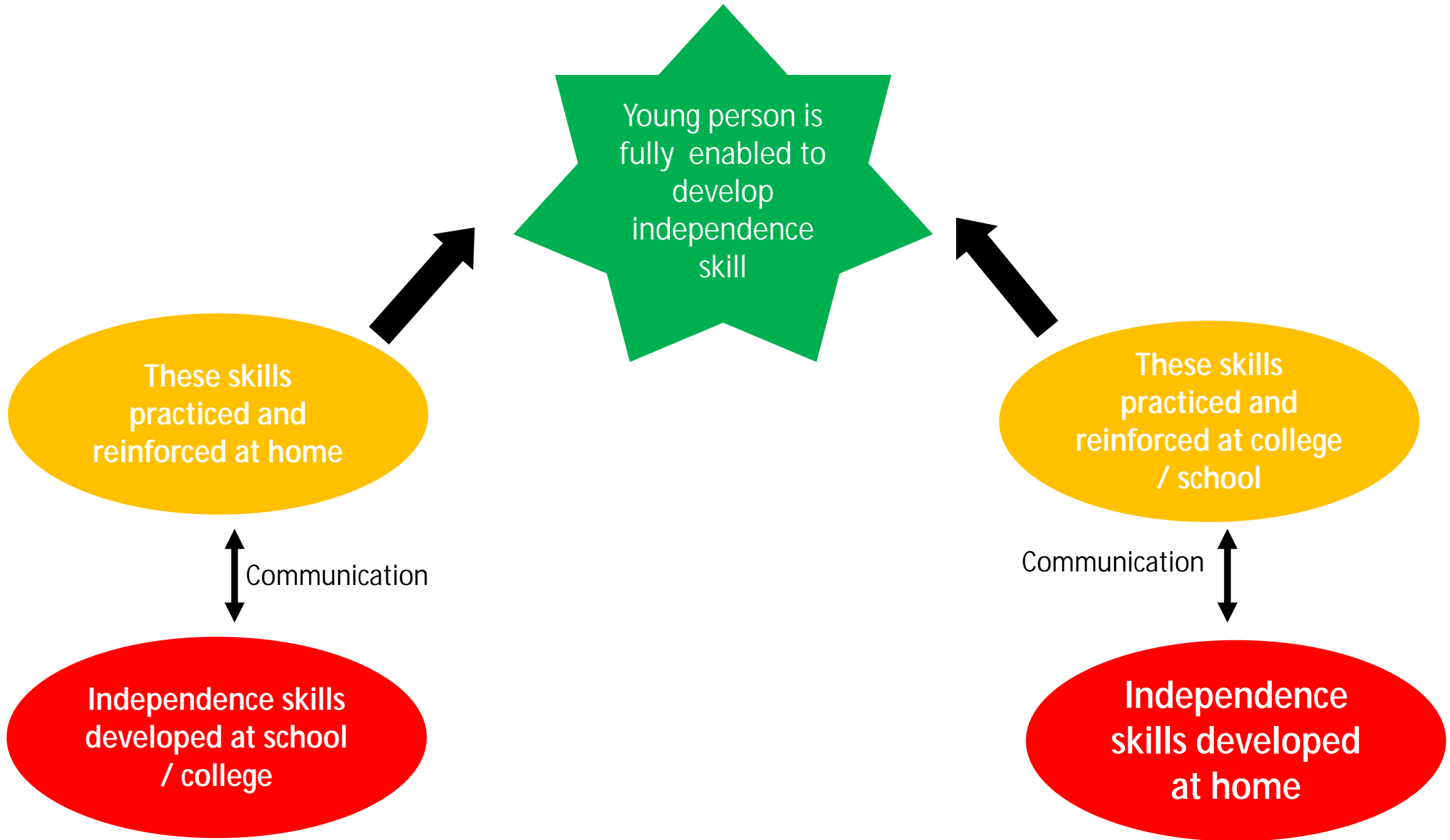
It is helpful if there is a consistency of approach in encouraging and enabling a young person to achieve independence

Why is communication important?

- Planning Live is an event that brings together people who are important in the life of a young person.
- Sometimes the group learn that a young person is able to do something at home that school did not realise was possible

or

- Sometimes the group learn that a young person is able to do something at school that family and carers did not realise was possible
- This could be a simple thing such as pour a drink, hang up a coat, use a particular sign.
- Communication is very particular for some young people and may need to be very specific to enable a young person to achieve a skill.





At School / college
Learning about money & budgeting

At Home
Young person given opportunity to make choices about spending their own money



Communication

Young person is fully enabled to develop independence skill



At Home
Talk to young person about travel training and support where possible and encourage them to continue



At School / College
Learning to use the bus to travel to college

Communication



Action for Independence



- This is a new project at Swindon Advocacy Movement
- It will work with individuals to achieve self determined goals in three sections
 - Employment and volunteering
 - Building social networks and relationships
 - Developing skills for independence
- Working in small groups and using peer support; individuals will be enabled to achieve their goals
- They will be empowered to review and change their goals as they go
- If you would like to find out more about this project – please complete a form on the SAM stall so that we can keep you informed about the project.

Keeping in Touch



If your young person has started to learn a skill at home, please tell other important people in the young person's life such as school and social groups.

If you want advice about learning a new skill you could

- Talk to other parents about their experience
- Use My Care My Support website to find out what's available in Swindon
- Look at other stalls here at the roadshow

Thank you for listening

What do you think about independence?

Any questions or comments....