



People we support

With the right support, you
can do anything



Who we support



We are Alternative Futures Group. We have been giving people care and support for over 30 years.



We support people who:

- have a learning disability
- have a mental health condition
- are autistic
- have a brain injury
- have a physical disability



How we can support you



We give people the help they need to live the lives they want.



We can give you care and support at home, or in 1 of our hospitals or care homes.



We will make sure you have the right support to meet your needs.

We can help you to:



- stay healthy and well. Things like eating healthy foods, doing exercise



- going to the doctors, dentist or hospital



- learn new skills. This might be things that can help you to live at home for longer. Things like shopping, cooking or cleaning



- look after your money. We can help you find out where to go for more help, if you need it



- speak up for things you want and need from your life.



An **advocate** can support you to speak up for yourself. Or they can speak up to other people for you.



We can help you get an advocate, if you would like one

We can help you to:



- take part in your local community. Things like joining a group, going to an event or **volunteering**.



Volunteering means giving your time or skills to help a person or organisation. Volunteers usually do not get paid for the work they do



- get a job. We can support you with things like filling in forms, getting ready for an interview or doing training



- do things you enjoy. Things like doing a hobby, meeting people or getting out and about

Services we offer

Learning disability service

We have lots of services for people with a learning disability.



We can support you with things like:

- Supported living. This is when you move out of your family home and go to live by yourself.



We can give you the support you need to live in your own home



- setting goals and doing things that are important to you in your life





- personal care. This means help with things like getting washed or dressed



- health and **emotional wellbeing**. **Emotional wellbeing** means staying healthy and happy in your mind, thoughts and feelings



We have more information about our learning disability service on this web page:

afgroup.org.uk/services/learning-disabilities/



This web page is not in easy read.

Mental health service



We can support people with their mental health in the community or in 1 of our hospitals.



We work together with people to help them plan the support they need to **recover**.

Recover can mean different things to different people.



It can mean:

- your mental health is not affecting your life or making you feel unwell

or



- you might still feel unwell but you can still live the life you want



We have more information about our mental health service on this web page:

afgroup.org.uk/services/mental-health/



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Why you should choose us for your care and support

Good support from our staff



We are a place where people want to work.



Our staff have a lot of experience. They know how to support people well.



Our staff will get to know you. You will be able to make and keep good relationships with them.



A say in your care and support

We will work with you to choose goals to work towards.



A **support plan** says what care and support you need and how your needs will be met.



We will look at your support plan often to make sure it is working well.



Help with technology

Technology is things like computers, phones and tablets.



We will support you to use more technology to help you live at home for longer.



This could be things like a smart speaker that tells you when to take your medicine.

Celebrate good things you do



If you do something amazing, we will celebrate with you.

This might be things like:



- reaching 1 of your goals

or



- doing something you thought you would not be able to do

Events to go to

We have lots of fun events every year.



The events might be online or in person.



We invite all the people we support and all our staff.



People can come to the events to learn new things and meet other people.

