

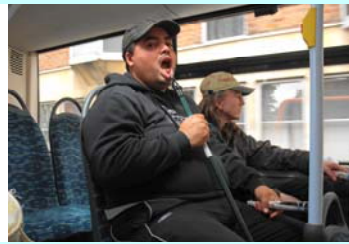
What Can Fremantle Do For You?



Help Make Change Less Scary



Support You With New Challenges and Opportunities



Make Sure You Get Equal Opportunities



Ensure You Have Respect, Choice and Independence



Help You To Enjoy Life - To Have Fun, Happiness and Inclusion



Assist You To Plan for Your Future



Learning Disability Services

Support Your Needs



Fremantle is a charity, started in 1992; we help older people and people with a learning disability to be as independent as they can and want to be.

Fremantle will work with you and your family



- ◆ To find out what you want
- ◆ To help you make choices

so that you can be more independent and can achieve your wishes and goals.

We will support you to live your life the way you want to and with -

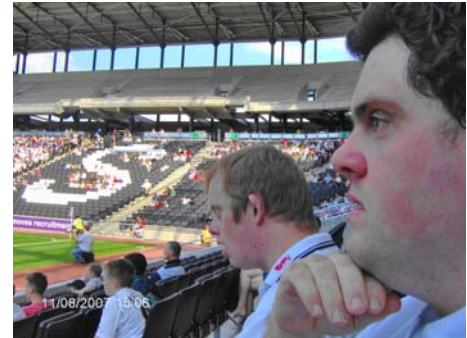
- ◆ Relationships
- ◆ Education
- ◆ Work
- ◆ Fun



Enable You to Do Things for Yourself

We will help you to be part of the community; this might mean doing things like -

- ◆ supporting local football teams
- ◆ going to local pubs, restaurants and social clubs
- ◆ shopping at the supermarket and local shops
- ◆ getting to know your neighbours
- ◆ working in a local charity shop
- ◆ helping children to learn to read
- ◆ volunteering for local community projects



Where You Live

We work with companies, called housing associations, which own the buildings where people we support live.



The housing association looks after the building and repairs the property when needed.

Give You More Opportunities and Choices

Fremantle Services

We have different kinds of service because people have different needs.



Care Homes: where we give round the clock care for people who have greater support needs.

Supported Living Services: we provide one-to-one support at certain times of day, so that you can be as independent as possible.



Short Breaks: - a bit like a holiday - so that people who usually live at home can have some new experiences.

Or, so that someone's long-term carer can have a break.

Build Your Confidence

Different Kinds of Supported Living

We have three kinds of supported living service, depending on where you live.

Shared house

Shared houses are for people who need a bit more support, or for people who don't want to live on their own.



Individual flat (in purpose built blocks, with a communal area)

Staff come to your flat to support you at certain times of the day, but they are on the premises 24 hours a day.

Individual home in the community

We visit you at agreed times of the day and are not around at other times.

Because Fremantle staff are not there all of the time we give you emergency phone numbers - in case you need someone urgently.



'Person-Centred' Support

Person-centred means **all about you**.

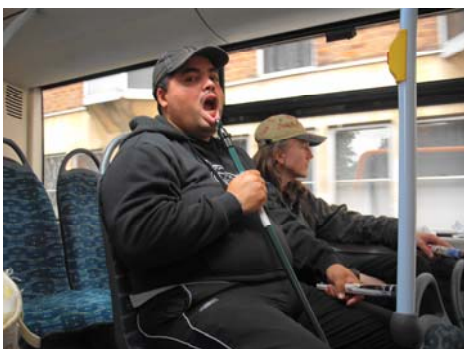


A support plan is put together very carefully with you, your family, friends and your care manager - your 'circle of support'.

The plan tells Fremantle staff what you are going to do and how. It will say things like:

- ◆ how many hours support you need
- ◆ when these hours are and
- ◆ exactly what you need help with

The staff who work with you to make this plan will see what you can do for yourself. They have to do something called 'risk assessments' - this is about making sure you are safe.



We do our very best to give **you** freedom to make realistic choices about how you live your life.

Help You to Make Changes



Your support plan will be checked with you regularly and changed when it needs to be.

If you are getting on very well you might need a bit less support

or, if you are finding something more difficult you might need a bit more.



Key Worker



As well as the times you have staff support you will also have one day a week with your **'key worker'**.

Your key worker is the member of staff who will be your main supporter.

This person will get to know you best and will work with you very closely to help you to learn new skills.



Your Life is Your Own

Whether you live in a care home, or in your own shared house or flat we will help you to get more out of life.



We will encourage and help you to do whatever you can, and try to help you learn to do even more for yourself.

Many people who use our services have learned to

- ◆ manage their own money
- ◆ do their own shopping
- ◆ make their own meals
- ◆ organise their own entertainment
- ◆ do jobs in the community
- ◆ and many, many more things



With Fremantle support your life can be your own.

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