

Calm Futures

Support Living

www.calmfutures.co.uk



About Us

Calm Futures provides Specialist Supported Living and Outreach support to people with Learning Disabilities, Physical Disabilities and associated complex needs.

We support people over the age of 18 across Essex, Southend, Thurrock, Suffolk and Surrounding areas who are either funded via social services ,through direct payments, Individual Service Fund (ISF) or independently. Everyone at Calm Futures dedicates themselves to making a real difference to the people we support, offering quality services to be proud of and providing career opportunities in the local area.

Creative Aspirational Limitless Meaningful





How we live our values.

All services provided by Calm Futures enable the people we support to 'live as independently as possible and to enjoy a good and meaningful life'.

Our support has 'Meaningful Lives Matter' approach – with a clear focus on supporting daily living that is no way shaped by what we can't achieve but more importantly asking the question "what's missing" that would enable me to reach my goals. We support this by

- Having a keen emphasis on teaching new skills, enabling people to better communicate their individual needs and become more independent.
- By developing a person's strengths, skills, knowledge, assets and aspirations alongside them using person-centred planning tools we can maximise both what an individual can do for themselves and what they can access from others to live a meaningful life.
- Support is linked to specific outcomes that are most relevant to the person, including their health employment, connection to their community, aspects of recovery and wellbeing and relationships.

Person Centred Planning



Adopting the principles of Positive Behaviour Support and Person-Centred Active Support we use a person-centred approach to design and implement care and support for people in their own environments. Our aim is to always support a journey towards independence and better outcomes for people leading to a meaningful life, based on four key values:

"Success is not final; failure is not fatal: It is the **courage** to continue that counts

~ Winston S. Churchill

Supported Living Services

Calm Futures provides support to people in supported living schemes either by providing Core hours and / or dedicated 1:1 support hours. Support plans are developed alongside the person and significant people in their lives, to ensure that the support we provide is truly bespoke to the individual and clearly defines the outcome of what the person wants to achieve. We believe that support plans should be unique to the person who is “living their life”.

These services can be provided 24 hrs a day, 7 days a week or tailored to meet the person's individual needs as “wrap around” support. Support can include

- Personal Care, Health and Wellbeing
- Managing Bills and Money
- Getting a Job or Volunteering
- Learning New Skills at Home
- Managing Medication
- Accessing Social Activities
- Making Links in the Community
- Keeping you Safe
- Going on Trips and Holidays

Most people we support will either have a tenancy in their own right with an independent landlord or Registered Provider of Housing. We support people in a range of single and shared environments with night support available as and when required.



Other Services

We can also offer support to people attending college courses or attending appointments where specialised and skilled support is required.

We can offer 1:1 support to people living in their current supported living services where “Core hours” are provided by another operator. We are happy to work alongside other providers should you feel that a change is required



Referrals can be made direct to us or via external profession



Out Reach/ Domicillary Care

Calm Futures also supports people in their own homes either on a short-term basis i.e. when additional support is needed, when "one-off" intensive support is required or where regular daily / weekly hours are needed. Calm futures can be there when you need us most.





Thank You

For more information about our services or the support we offer please speak to one of our team

on 07742 349081 or

email info@calmfutures.co.uk

www.calmfutures.co.uk

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