

Gloucester Supported Living



About us

Our specialist Supported Living and Outreach service in Gloucester, provides support for people with Learning Disabilities, Autism, Mental Health needs and Acquired Brain Injuries.

We understand the importance of providing person-centred support that enables independence and meets each individual's needs. Through our outcome focussed approach, we support people to maximise choice and control in their own lives.

We meet with each person referred to us and their family so that we can develop a strong understanding of their life story, any support or communication needs and their personal aspirations. We work in partnership with Local Health Professionals such as social workers, community nurses, and specialists such as Speech and Language Therapists, Physiotherapists and Occupational Therapists.

Person-Centred Planning

Our staff support each person to create a person-centred plan that tells us how they want to live their life now and in the future. Through a range of communication tools, we ensure that each person is closely involved in the development of their own plan.

Some examples of how we have supported people include:

- Working towards independence with personal care tasks
- Skills building to manage money
- Travel training to gain confidence and independence
- Learning to stay healthy and exercising
- Support with medication and health appointments
- Discovering new hobbies, getting out and having fun!
- Accessing vocational training and work experience
- Managing correspondence and bills
- Building social skills and expanding social circles
- Access to independent advocacy

**"Promoting
wellbeing,
greater
independence
and social
inclusion."**

Our supported living service provides bespoke packages of up to 24-hour support, including overnight support when needed. This can be provided within the family home or a person's own supported tenancy.

Quality

We are passionate about quality and we specialise in supporting people to achieve their full potential. Through empathy, belief and market leading training our focus is to bring out the amazing in everyone. Our commitment to quality is shown in everything we do and every decision we make. We enable people to make choices about how they live their lives because it is paramount to us that people live happy and fulfilled lives.

Ella's Supported Living Journey

Ella came to Gloucester Supported Living two years ago after spending over two and a half years in hospital. When Ella arrived she didn't know anybody and spent the first six months getting to know her new surrounding and forming relationships with her staff. Ella started volunteering but due to physical health problems unfortunately had to stop and this caused her to feel lonely and worthless. To help with these emotions, Ella felt she needed to find something she could focus on and hopefully make some new friends.

Ella spoke to her care co-ordinator and following the conversation they recommended the Discovery College to Ella. Ella had been involved with the Recovery College when she was in hospital but when she saw other people a lot older than her still struggling with their mental health it made her lose hope. However, Ella agreed to give the Discovery College a try and found it very different as it was for people aged 16-25.

The atmosphere at the Discovery College was very friendly and inviting. Everyone there supported all of the students to learn new coping strategies, skills and to learn about how the brain works. During her time at Discovery College, Ella went from being shy, distant and not very confident to someone that has developed new skills, built friendships and able to socialise confidently.

Once Ella had completed her course, she was asked to go on the radio with some of the peer mentors to talk about her experience. She was also asked to help by volunteering with the next Discovery College as a peer mentor once a week for eight weeks. This year Ella progressed even further as she delivered her first course as a peer tutor and she loved every minute of it.

