

# Swansea and Cardiff Supported Living



## About us

We currently have availability within our supported living services in Swansea and Cardiff, which provide person-centred support for people with Mental Health Needs, Learning Disabilities and Autism.

We believe in the potential of everyone we support and our aim is to increase their independence. We support people to maintain choice and control over their own lives by supporting them to develop their independent living skills, enabling participation in community life and pursuing educational, training and employment opportunities.

Our highly skilled staff team support individuals through the transition from their current placement into their new home. They are passionate about providing specialist, person centred support for individuals with complex needs and they all receive bespoke training that matches the needs of each person that we support.

We provide people with appropriate levels of support to ensure greater independence, develop their full potential and make their own choices so they live the life they want to without limitations. Support provided is bespoke to individual's needs and varies, from 24-hour support, including overnight support when needed to specially tailored smaller packages. Support can be provided in a variety of settings ranging from a shared house to individual flats to support within the family home. Where appropriate individuals will be supported to manage their own tenancies.

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

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.

We support individuals to gain confidence whilst living happy and fulfilled lives

# Our Supported Living Properties in Swansea and Cardiff

## **Al Rosa (Trebanos, Swansea)**

This three bedroom all female service, has a large communal living room, kitchen and outdoor space. The staff team are experienced in supporting women with Learning Disabilities and/or Mental Health needs, who are looking to increase their independence and share with like-minded people.

## **Whitland Court (Fairwater, Cardiff)**

This spacious five bedroom service is suitable for individuals with complex Learning Disabilities, Mental Health needs or whom may have a dual diagnosis. The staff team at Whitland Court are passionate about supporting people to have an active engagement in their community.



**For more information, please contact:**  
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