

## So what can we do for you?

- we listen to you – without thinking we already know the answer
- we plan with you and your family and friends
- we use our knowledge of the area where you live
- we use our links with other local organisations who can also help you
- we use our specialist knowledge
- we support you to make your choices
- we support you to spend your budget how you want
- we design with you what support you want
- we help you choose the right people to support you
- we work with you to build relationships, have a social life, and gain meaningful, paid employment
- we will review how your support is going
- we are always improving what we do




## Individual budgets What we can do for you...



If you are interested in finding out more about our work to help people live the life they want, please get in touch:

 contact us via email [info@dimensions-uk.org](mailto:info@dimensions-uk.org)

 leave a message for us on our free phone number  
**0800 884 0820** and we'll come back to you.

 visit our website [www.dimensions-uk.org](http://www.dimensions-uk.org)

### Harry's story

**I'm supported by Dimensions.**

Working together with them and my circle of support I have moved into my own home and have hand-picked my own Personal Assistants.

**Dimensions**  
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**Adepta**  
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Design: [www.thiswayup.co.uk](http://www.thiswayup.co.uk)

# About Dimensions

## Dimensions supports over 2000 adults and young people with learning disabilities and/or autism to live the lives they want.

### We provide the following types of support:

- Individualised support packages for people living in their own homes
- Support for people living in shared housing
- Residential care
- Support for people to find and maintain a home
- Support for people to access employment and leisure opportunities

We are particularly experienced in supporting people with autism and/or complex needs such as those who have additional physical and sensory disabilities or behaviour that may challenge. Also our transitions service is currently successfully supporting over 350 young people and their families through transition to adulthood.



### Harry's story

**Harry was unhappy living in a Dimensions shared house. Previously, he had lived independently but had moved into the group home when he had health problems. He found himself living with people he couldn't talk to and who didn't share his interests.**

When Dimensions started to look seriously at what Harry wanted and what he could do for himself, it became clear that Harry was not happy with his life. He wanted a different life – his support to be what he wanted, provided when he wanted it and by people he had chosen.

So Harry's support plan was changed. He became part of a small In Control pilot and Dimensions helped him get his own flat. Since then he hasn't looked back. Now, he has only 62 hours support a week. He has regained a lot of independence. He chooses his support when he wants it.

Recently he had his first holiday abroad – with no paid support. Now Harry has given us another challenge: he wants to employ his own support staff. Bring it on!

### How we can help people take control

**Individualised budgets are the biggest change in support for many years. At Dimensions we are celebrating this change as people with learning disabilities are able to buy their own care and support.**

People can now choose the support they want and need, so we need to be able to help people to make these choices. We know that every person we support is unique – each person wants their own support on their terms.

Some people want to organise their own support and employ their own personal assistants, whilst some people want to work with an organisation like Dimensions.



### Start with a plan



**Dimensions has developed a range of options for people like Harry who would like to work with a Support Provider.**

Deciding what support you want and when you want it are key and it is very important that people have the right people around to help. We believe that the best place to start is through thoughtful and imaginative planning

We work with people to develop a unique person centred support plan. This helps people to decide what they need in place for today, and to plan for tomorrow and the future.

Dimensions has supported over 1500 people to develop their own person centred support plan. We can use our experience and expertise to help people and their families to develop their own plan, whether or not they want Dimensions to be their Support Provider.

Purchasing support can be complicated so Dimensions has developed some ways of helping people set out the support they want – we call this an Individual Service Fund Agreement. It helps people specify what they want and expect to receive and how much they will pay for it.

### Explore the options



**Dimensions can provide a wide range of support options:**

- it may be providing support throughout the day or just for short periods,
- it may be to help make new friends or to find a job.

We will help find the right person to provide the right support, ensure they have the right training and back up, and take care of all of the legal issues like contracts, tax and pensions. And when they can't be there, we will make sure the right support is provided all the time.

We have developed some ways of helping people describe how they want to be supported – by their families, friends and by people who work for Dimensions. This ensures that the people we employ understand exactly how each person wants to be supported. We call this an Individual Support Agreement.

We have developed tools to help people define what they want each type of support to do.

Through working together and listening to what people want, we help people specify and prioritise the range of tasks and think through what is most important about the way those tasks are done. This also helps people establish clearly from the start, in a way that ensures everyone knows, the standards expected of the people we employ.