



There for you

An introduction to Dimensions

We want Dimensions to be the best there is

As one of the country's largest not-for-profits supporting people with learning disabilities, autism, challenging behaviour and complex needs, we are driven by our values. People with learning disabilities and their families are at the heart of everything we do and we want every person we support to have a great life.

We are always working to improve standards – our own and across the sector. Dimensions was one of the pioneers of personalised support, showing how it works in practice, and enabling thousands of people to have greater choice and control.



Working together

The people we support are at the heart of everything we do, and you'll find that Dimensions people are friendly, approachable and committed to your – or your relative's - safety and wellbeing.

Using an approach called person-centred thinking, we'll work in partnership with you to identify how to provide the best support.

We can support people who may have additional physical or mental health needs, display behaviours that challenge or have profound and multiple disabilities. Everyone we support has a personalised and continuously updated support plan based on their own personal goals and ambitions.

We recruit staff based on their values, and when we look for a member of staff for a particular person we like them and their family to help us choose.

We have many ways of making sure that the people we support and families are listened to – through our Family Consultants, Family Charter, and our Family and Friends forum, as well as local

groups, regular meetings with our senior staff and of course ongoing contact at local level.

And we help the people we support to raise their voice directly too, through Everybody Counts groups at local level and an autonomous national Council, which brings grassroots issues directly to the attention of the Dimensions board.



What we do

We offer personalised support for people with autism or learning disabilities living in their own homes or in shared housing.

Support may range from a few hours each week to 24/7 multiple ratio support. We successfully support people with even the most complex needs to be part of their community, enabling them to have choice and control in their lives.

Positive Behaviour Support

We have the UK's largest Positive Behaviour Support team for people whose behaviour can be challenging. Most of our support is provided in people's own homes (supported living) but we also run CQC-registered residential care homes across the country.

Respite support

We have five short breaks services across the country offering personalised support for people with learning disabilities and autism, providing respite for them and their families. We also offer respite support in your own home, for short or long stays, or even, occasionally, abroad.

Supported employment

Through our dedicated supported employment service, we support people into employment who do not necessarily meet traditional criteria for 'job readiness' or 'employability'.

Outreach

Our outreach services are usually for people who live in their own homes and need support to remain independent. Outreach provides flexible and tailored support for people with autism or learning disabilities, focused

on achieving positive outcomes. We work together to design and deliver support that promotes greater independence, confidence and self-esteem.

Housing

With around 1,000 tenants living in a mix of houses, flats and registered care homes across England and Wales, Dimensions is a specialist in housing for people with learning disabilities and autism.

Finding safe and suitable housing can be really difficult for disabled people, including for those moving into the community after leaving an assessment and treatment unit. Our housing team works to source, provide, and maintain homes for the people we support.

Autism Behaviour Consultancy

Lastly, our Autism Behaviour Consultancy team delivers early intervention through evidence-based teaching strategies which help children to develop new skills and reduce behaviours that are a barrier to learning.

Overcoming anxiety through Positive Behaviour Support

Beth is a young woman with learning disabilities who used to experience extreme anxiety.

Before working with Dimensions' Positive Behaviour Support team leaving the house was a challenge, but now she volunteers on a local farm with the public.

Beth used to get very anxious about being out in the community. When leaving the house, she would pull her hood up and put her head down. She coped with her anxiety by being verbally abusive to people around her, causing more stress.

To help Beth overcome her anxiety, her support staff introduced Positive Behaviour Support; a structured approach to understanding and tackling the root causes of behaviour that challenges. They enlisted a specialist Dimensions Behaviour Analyst to help and, in just a few months, Beth's confidence increased and her challenging behaviour reduced.

By taking small, gradual steps Beth started to be more active in her community.

A key milestone was a trip into town, alone. To prepare her for the journey, her team built up to it in stages, teaching Beth the bus routes, waiting for her outside shops and encouraging her to manage her own money.

With her newfound self-belief, Beth asked if she could volunteer to work with animals, remembering that when she was young she used to love petting the rabbits at her local farm. Her support staff knew how to prepare her for it and now, every week, Beth mucks out the pigs and feeds the new born lambs at the farm.

Beth is now much more confident, less anxious and does what she enjoys.



“Everyone around Beth is amazed at the change since our Positive Behaviour Support team got involved. We're so proud of her. She's a new woman.”

Devon, Beth's Support Worker



Proving life can get better

Dimensions provides evidence-based, outcomes-focused support, including sector leading positive behaviour support, for people with learning disabilities, autism and complex needs. We help the people we support to be actively involved in their communities.



Find out more

www.dimensions-uk.org

0300 303 9001

enquiries@dimensions-uk.org

Find us on social media @DimensionsUK

Dimensions

2nd Floor, Building 1430, Arlington Business Park, Theale, Reading, RG7 4SA

Dimensions (UK) Ltd is a charitable registered society number 31192R. 2nd Floor, Building 1430, Arlington Business Park, Theale, Reading, RG7 4SA

30000106161