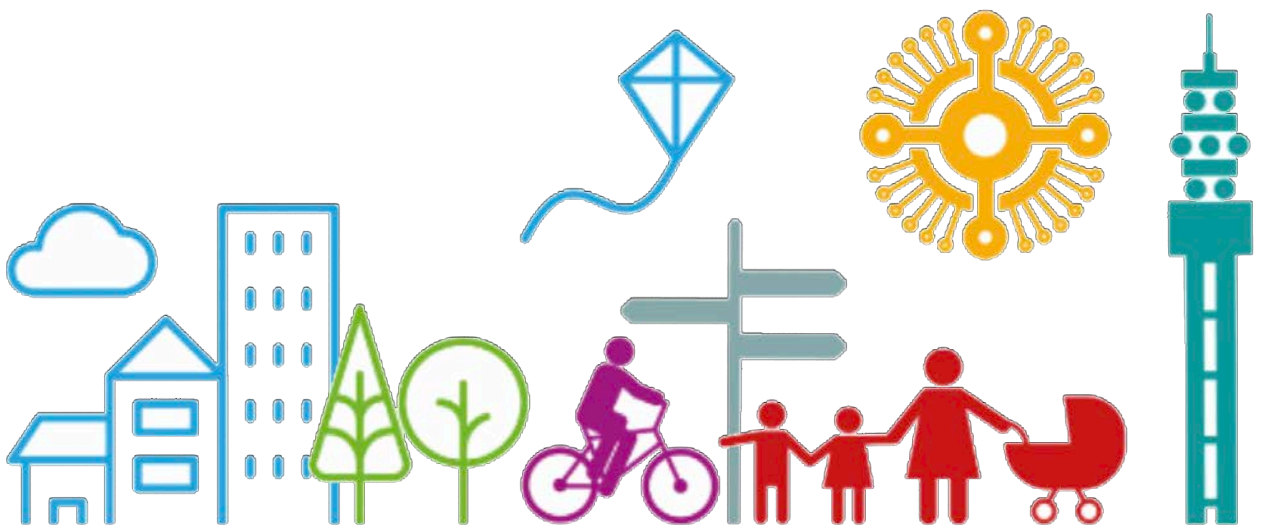


Better things to do in the day



Adult Social Care
Draft Day
Opportunities Strategy
2019



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What this report is about...



This report has been written by Birmingham City Council.



It is about our suggestions for different ways of working for **day opportunities** in Birmingham.



Day opportunities are different activities for people who need support during the day.



Day opportunities are usually for people:

- With a learning disability
- Who have autism
- Who have mental ill health
- With a physical disability
- Who are older





We want people to have the same opportunities as everyone else.



We want people to have the chance to:

- Learn new skills



- Make friends



- Take part in their local community



Before we make any decisions about these ideas, we want to know what you think.



Please read through this report and tell us what you think by answering the questions in the easy read questionnaire.



We need your answers by Saturday 6th July 2019.

What we have now....



- Currently most day opportunities in Birmingham take place inside buildings called day centres

- Day centres provide lots of activities like:



- Painting, drawing and making things



- Woodwork



- Reading and writing classes



- Lunch clubs



- Day trips



- The chance to make and meet friends



Some day opportunity services are run by Birmingham City Council some are run by other organisations.

Why we are suggesting different ways of working



Many day centres just run activities inside of the day centre.



A lot of people who go to day centres have been there for many years.



They may not get the chance to do other things that they would like to try.



Some day centres encourage people to learn new skills and become more independent.

Not all of them do this.



A lot of day centres do not focus enough on what people want to do. They focus too much on people's disability.

What we would like to do



We want people to be able to take part in activities that are going on in their local community.



This might be:

- Going to the local shops or parks



- Going to the cinema, theatre or sports events



- Getting a job



- Training and learning new skills



We don't want people to only do activities inside a day centre building.



We suggest that all day centres should:

- Give people a choice over what they would like to do



- Give people a say in how they are supported



- Take notice of what each person likes and dislikes



- Support people to take part in activities that interest them



- Help people to learn new skills



- Support people to get a job



- Support people to be as independent as possible

Working with people to make our plans



We have worked with some people who use day centres to make our plans.



We have asked them what would help them have a good day.



This might include:

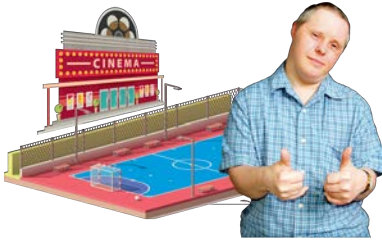
- What they enjoy doing



- What don't they like doing



- What they might like to do



People said:

- They like doing activities in the community



- They like being with friends and being part of a group



People have sometimes used day centres for many years and are not sure about using services in the community.



People are worried about:

- Safety



- Transport



- Toilets and changing facilities



Some people would like a job.

Our suggested principles



A principle is the way we want to do all our work.



We are suggesting that all people who run day opportunities should work in these ways:

1. Person Centred Planning

We want services to focus on each individual person and...



- Think about what they are good at



- Let them choose for themselves



- Help them do the things that they want to do in life



2. Making sure that the service is helping you to do the things you want to do

Services should listen to what you like to do and what you want to achieve.



3. Accessing the community

We want services to support you to go out and about in the community.



4. Independence

We want you to get support to learn skills and feel more confident to do day to day things.

5. Use a personal budget



A personal budget is when you can say how we should spend the money on supporting you.

You can buy the support you want.



You can pay to do the things you want to do.



6. Making the most of opportunities

There are lots of things to do in Birmingham.



There are lots of things you can take part in.



We want you to have the chance to join in with things like everyone else.

Our ideas and suggestions for day opportunities



We suggest that people should be able to develop skills that help them to be more independent and feel good about themselves.



We know that some people need more support than others.



Our idea is to provide 3 levels of support.

1. Helping people to do more for themselves



- When a person starts at a day centre we would focus on what they want to do and what they like and dislike



- People would be supported to learn new skills



- People would be supported to be independent
- People would be supported to take part in activities in their community



2. Personalised Support

- Some people would need extra time and support to learn new skills and to be more independent



- We would support them in the way that they want



- People would be supported to take part in things in their local community

3. Specialist Intensive Support



- Some people have very complex needs



- Support would be over a long period of time



- We suggest that people with complex needs should be supported to go out and about like everyone else



- Our idea is to focus on what:
 - Each person needs
 - Each person likes and dislikes
 - Makes each person feel good about themselves

For more information



If you want more information please contact us by:

Telephone: **0121 303 5012**



If you have a speech impairment, are deaf or hard of hearing you can contact Birmingham City Council by **Next Generation Text** (also known as **Text Relay** and **TypeTalk**). Dial 18001 before the full national phone number.

Minicom: **0121 303 1119**



Website: **www.birmingham.gov.uk/day-opportunities-consultation2019**



Email:

dayopportunitiesconsultation2019@birmingham.gov.uk



We are holding meetings in all the day centres for people who go to day centres. You will be able to ask questions and tell us what you think.

Ask at your day centre to find out more about these meetings.

Easy read by **easy-read-online.co.uk**