

Supported Living

Provides people with support to meet their needs and to live as independently as possible within their own homes. This could be as a tenant or within a sheltered housing scheme or in a shared tenancy.

Support Plan / Support Package / Care Plan

Developed by service users and authorised by the Care Manager / Care Co-ordinator or a senior manager or panel. The Plan describes how the individual plans to use the resources available to them to achieve outcomes that are important to them and will meet their assessed needs. Outcomes are the changes, benefits or other results that happen as a result of provision of social care and support. These might be something like “get out and see more people” or “go for a walk to stay fit and healthy”.

Support Plans are owned by the individual, but can be written by the service user, a member of their family, or someone else close to them who knows them well. If needed the Care Manager / Care Co-ordinator or another third party can provide help.

Transitions Team

Cambridgeshire's Transitions Team is made up of social care staff who work with the Children's Social Care Teams, Connexions and education professionals to support young people with disabilities through the transition to adult services. Unlike Connexions who support all young people the team only work with young people and their families who are likely to require social care services as an adult. More information about the Transitions Team is available at www.cambridgeshire.gov.uk/social/transitions

A complete Glossary of terms for Self-Directed Support in Adult Social Care can be found at:

www.cambridgeshire.gov.uk/social/selfdirectedsupport/in-foserviceusers

Glossary

An explanation of the terminology used in the film *It's all about us!*

Care Co-ordinator

Responsible for co-ordinating care programme (CPA) reviews for mental health service users with complex needs and for communicating with others involved in the service user's care.

Day Centre / Day Services

Support usually offered at a fixed venue where transport may be provided.

Direct Payment / Cash Budget

A cash sum paid to service users to enable them to manage and pay for their own social care support.

Individual Budget (see also Personal Budget)

Designed to bring about independence and choice for people receiving care or support.

Support Worker / Key Worker

Someone to support you with your social care needs.

Personal Assistant (PA)

A support worker employed by an individual using Direct Payments.

Personal Budget

An identified sum of money put aside to meet social care needs, and used as the basis of a Support Plan. When the Personal Budget is paid directly into a service user's bank account it becomes a Direct Payment. Find out more about Direct Payments at www.dh.gov.uk

Person-centred support

Person-centred support means that you are at the centre of the support and services you receive. It's about working with you to help you live your life in the way you want. It's about giving you choice and control and helping you to set goals, listening to and learning about what you want from your life, providing the information you need and having services that are flexible and fit your life. It's about making you feel more confident and good about yourself.

Prevention and Early Intervention

The personalisation of adult social care addresses the need for a whole system approach to prevention, early intervention and cost effective services to enable anyone requiring help to stay independent for as long as possible. Implementing this shift requires joint working with emphasis on the need to jointly invest and monitor the effectiveness of services to improve efficiencies and quality by developing more integrated services. (See also 'Re-ablement'.)

Re-ablement

Re-ablement is short term support designed to help people become as independent as possible. Re-ablement services provide personal care, help with daily living activities and other practical tasks for a time-limited period, and are focused on maximising potential whilst working towards the ultimate goal of enabling people to live as independently as possible. They enable users to develop both their confidence and their practical skills to carry out these activities for themselves.

Respite Care / Break

Respite care is a short break provided away from your home and is available once you have been assessed as needing this service. A care manager can book you a place at a respite care centre at a convenient time providing a bed is available. If you have a Direct Payment to manage and pay for your own support you can book respite care when and where you want it, provided you have the money available to you through your Direct Payment.

Self-Directed Support / Self-Directed Care

Social care support which service users choose, organise and control (with support if needed) to meet their agreed needs in a way that suits them, using resources available to them to achieve what is important to them.

Social Care

A wide range of services designed to support people to maintain their independence, enable them to play a fuller part in society, protect them in vulnerable situations and to work with complex relationships.

Strengths Approach

Strengths Approach is about helping people to find their own solutions through their own resources wherever possible.

It enables people to express what is important to them in their lives, including maintaining the status quo if it is working (ie. not having to change for the sake of bureaucratic measures).

It focuses on positive potentials, abilities, achievements, personal qualities, and is about giving the person a voice about the priorities they want to work on.

To find out more see www.practicebasedevidence.com