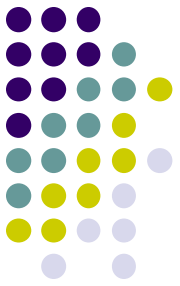


KARE Adult Supports



- In 2009 KARE Launched the 'In Control' Project
- KARE wanted to play a role in the creation of a **new system of Social Care** in which people will control their support and their lives as valued citizens.
- And to ensure that an individual and / or their family members could be more **in control of their service / supports.**

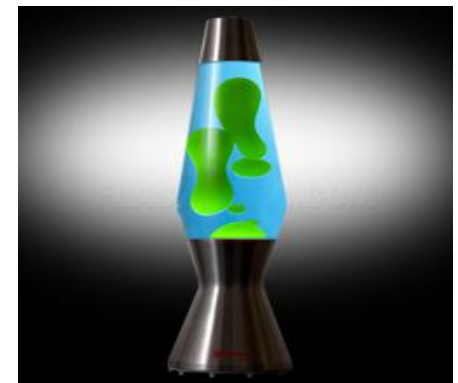
- In 2014 we are currently supporting **20** individuals



- The Person's Plan **Is not** developed on a yearly basis **for** an individual.



- Planning is a very fluid process
Every Conversation, informal chat,
discussion is *planning*.

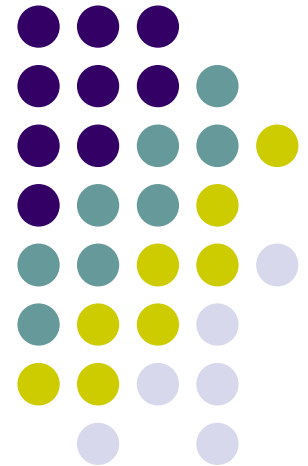




Personal Stories

- Today you are going to hear ***One of 20 stories***, Bernie and her mother are going to share their experiences and both will share with you the struggles and mixed emotions they felt.
- Theresa, Bernie's Life Coach will then speak about her role.

A life of my own





- Hello my name is Bernie
- I live in Baltinglass in Co. Wicklow, Ireland
- I work in a local supermarket 5 days a week.

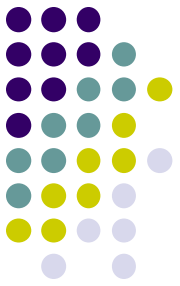


My Dream



- I have always wanted to live independently.
- This is something I would have talked about to different staff over the years.
- My family never thought I could live independently.

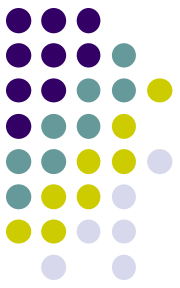




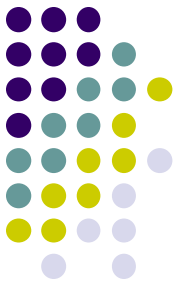
In Control

- In 2009 I put myself forward for the In Control project in KARE
- With a lot of help from Theresa I did move out of the family home.
- In March 2010 I moved in with my two best friends.

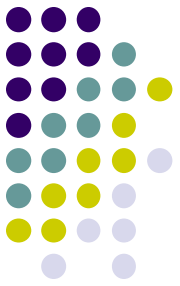
- For nearly three years I lived with my two best friends, we shared everything like the bills for the house.
- Over this time I was able to prove to my family that I could manage on my own.
- My sisters and my Mam take turns to host a *ladies only* monthly dinner party, I have taken my turn to be a hostess and enjoyed this very much.



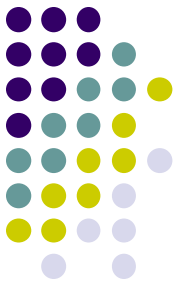
- At the end of 2012 I decided I would like to have my own home.
- I always dreamed of having a place of my own.
- When I told my family they knew I could do it and they were very supportive.



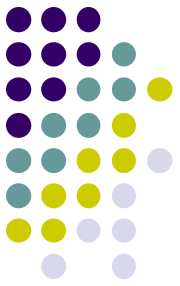
Planning



- With Theresa's help as part of In Control, I plan and think about all the things I want to do all the time.
- When I was in day service I had a PCP meeting once a year, the support from In Control is better and happens all time



- People often ask me ‘would I like to move back home’, or ‘are you sorry you moved out’ My answer is **no!**
- I am independent now, happy, content and where I am living is my home now.
- Without the help of my family, friends and In Control I wouldn’t be as happy!



- My name is Mag Byrne and I am Bernie's mother I would like to introduce a short video about how I feel about Bernie moving out of the family home.



The Life Coaches Job Description has three main areas of responsibility:



- Listen to the person and understand what they want in their life.
- Support the person and those close to them to look at the possibilities
- Support the person to plan and make it happen

What we do...



- A life Coach works closely with an individual and their family. Where the emphasis is on the dreams and abilities of the focus person, rather than on their disabilities.
- The persons family play an active role and are involved in supporting the person achieve their goals, along with other natural supports.
- An individualised plan is designed which gives direction to everyone concerned.

My Role as Bernie's Life Coach was to



- Support Bernie to move from the family home to live independently.
- This included meeting with Bernie's family to discuss Bernie's wishes.
- While at times it was challenging to support Bernie to move, today is proof that engaging with individuals and families in an honest open way can result in positive outcomes for the individual.