

Introducing...My Life Support

What is it?

It is a brand new unique service for individuals with disabilities and support needs, which enables them to have choice and control over their life, without all the hassle that can come with it.

We specialise in supporting self-funders and people who have Personal (health) Budgets. We offer a wide range of options, including:

- **Advice, support and guidance**

We help individuals to think about what good support looks like for them and their family. We will look at all aspects of their life and make sure they get the support they need to live a good life.

- **Support planning**

We can create a person-centred support plan that will best promote wellbeing. We will discuss an individual's wants, needs and personal outcomes with the people that matter most in their life. We can explore a wide range of options to ensure that care is provided in a way that makes more sense.

- **Choosing and managing the right staff**

By using My Life's successful recruitment training process, we can recruit and match personal assistants to individuals and provide training. We understand that being an employer can be daunting, so we can manage all the different aspects, such as recruitment, training, supervision and all the responsibilities that come with being an employer. If it's a care agency you are looking for, we can help you to find the right one to meet your needs and help you to ensure they keep offering a quality service.

- **Managing a personal budget**

We can administer the receiving and managing of payments and help make sure an individual gets the best value and quality when spending their budget on the products and services that they need to live their life to the fullest.

- **Planning for the future**

Many of us don't want to think too far ahead, but families have told us they are really worried about what will happen to their loved one when something happens to them. My Life Support will be able to continue to arrange high quality support and manage your loved one's personal budget in the future in a way that you would have wanted it and in their best interests.

- **Fully supported respite**

We have three accessible short break chalets at our site in Standish, which can be booked as holiday lets or as part of a package of support. Individual support and day time activities can be provided. Visit www.my-life.org.uk/short-breaks/ for more details.



MyLife

Registered Charity No. 1167858

Please get in touch for more details.

Phone: 01257 472900 or email info@my-life.org.uk

www.my-life.org.uk