



# Day services in Angus for adults with learning disabilities

Information for families and carers

**SOCIAL  
WORK**

## **Introduction**

We have four resource centres throughout Angus that provide daycare services for adults with learning disabilities. Each centre is different but all four are committed to giving the highest standard of care.

This booklet gives details of the service provided by the centres and a brief description of each one. It also outlines the facilities and activities that they provide everyday.

## **Day services**

Our centres provide daycare services for people over the age of 16 who have learning disabilities. We help the people who come to our centres to develop a range of social and personal living skills for use at home, in education, employment, leisure and in general community activities.

Resource centre staff work closely with a number of other services and professional colleagues including care managers, psychologists, community nurses, speech and language therapists, and many others. All of these services are ongoing and either visit or work in the centres regularly.

To be able to use a centre, somebody who knows you (for example, a relative, friend, neighbour, GP or Community Learning Disability Nurse) must refer you to us. When a referral has been made, we will appoint a care manager to carry out an assessment to identify your needs. If your needs can be met within a resource centre, we will arrange for you to visit a centre, followed by a three-month initial assessment period. We will then hold a review meeting to decide on what type of placement to offer you depending on your needs.

## **Services and facilities**

After we give you a place, you will have your own member of staff (called a linkworker) who is responsible for assessing your needs, drawing up a care plan, and working with parents and carers on both these and other matters. Resource centres use assessment to identify individual strengths as well as needs. Each centre offers a variety of

programmes which we assess regularly. Programmes will vary slightly in each of the centres, but are aimed to benefit you and to be enjoyable at the same time.

Some of the programmes available are:

- independent living skills;
- creative activities;
- therapeutic arts;
- hobby groups - gardening, computers, needlecraft, and so on;
- personal relationships and communication;
- personal care;
- sport and leisure; and
- service users' meetings.

## **Outreach Service**

Not all of the activities are based in a centre. All staff have an important role to help people use other community resources. The services that you receive may be supported by health, education, employment or leisure services. To help with this, each resource centre (but not Lunan Park) has its own outreach officer who is responsible for developing links with and helping people use wider community services. As well as assessing the suitability of other community resources, the outreach officer supports the following activities.

- Work placements.
- College placements.
- An older people's group.
- Support to a self-advocacy initiative (this means people learn how to speak up for themselves and express their own opinions and feelings).
- Parents' and carers' monthly meeting.
- A young person's drop-in group.
- A job ready group.

## **Special care units**

Two of the four resource centres have special care units which provide services for people who have many and serious physical and learning disabilities and who need higher levels of personal support. These units have higher staff levels, specially adapted rooms, and sensory equipment (such as music and light stimulators). Each member of the team is dedicated to developing skills, abilities and personal independence to help individuals achieve their full potential, while at the same time providing high-quality personal care.

Educational and training programmes, including wide-ranging therapeutic activities, are ongoing and continually reviewed to make sure individuals receive the highest quality of care.

## **Montrose Adult Resource Centre**

Situated on the outskirts of Montrose the adult resource centre is fully accessible to people who use wheelchairs. It was opened in 1976, and has been adapted over the years in response to changing social care policy. The centre also has a special care unit which provides a combined service, from Social Work and other agencies, for example Health, to people with learning disabilities who have serious and complicated needs, and who need higher levels of personal support. The centre also has its own therapeutic swimming pool and three specially adapted vehicles for social and educational outings. There are large grounds attached to the centre and there is a greenhouse which is used regularly by service users.

## **Lochlands Adult Resource Centre, Arbroath**

The centre is a 15-minute walk from the town centre and is fully accessible to people who use wheelchairs. It is a two-storey purpose-designed building with stairs and a lift for easy access. The centre has two specially adapted minibuses which provide access to the centre and are used for social and educational outings. Within the grounds people can use a sensory garden which provides stimulation and encourages an interest in the environment by using textures, scents and sounds. Lochlands also has a special care unit which provides a combined service to people with learning disabilities who have serious and complicated needs, and who need a higher level of personal support.

## **Lilybank Adult Resource Centre, Forfar**

Lilybank Resource Centre is on the outskirts of Forfar but within easy walking distance of the town centre. There are many links to the local community, including socialising, educational activities, and various employment opportunities as well as a wide range of centre-based activities. Within the grounds there is a greenhouse and vegetable garden which are used regularly by service users.

## **Lunan Park Resource Centre, Frioekheim**

This centre provides daycare for older adults with learning disabilities within Angus, and is easily accessible for people who use wheelchairs. There are two specially adapted vehicles which provide access to the centre and are also used for social outings. Service users benefit from a smaller, quieter and flexible environment where they have the opportunity to meet people of a similar age. Lunan Park also has large, well laid-out grounds.

## **Philosophy of care**

We believe that all people have the right to live an independent, full and active life. Everybody has the right to privacy, dignity, independence, choice and self-expression.

## **Aims**

We aim to provide a friendly, caring environment where people are accepted as individuals with their own personalities, strengths and needs. We try to provide skilful, sensitive care for each person. We aim to help people make the most of their lives by tailoring care to individual needs, closely monitoring development and providing opportunities for them to take part in and enjoy activities.

Our main aim is to provide very high standards of care. Staff training and supervision is also a high priority. Centres are regularly inspected and we make every effort to meet the most up-to-date standards of service.

## Standards

It is important for us to know if the services our users receive are meeting the standards we set to guarantee quality. We need our service users and their carers or advocates to tell us what they think about the care they receive so we can maintain a high standard and, if necessary, make improvements. We welcome any comments or suggestions you may have.

You can make comments, suggestions or complaints:

- at service users' meetings;
- by using the complaints book;
- at your review of your care plan;
- on the feedback sheet that is available in each resource centre; or
- by using our formal complaints procedure.

If you have a complaint about Social Work services, you can get a leaflet **What to do if you are not happy with services provided by Social Work** from any Social Work office.

### **If you need more information, please contact any of the Social Work offices below.**

Academy Lane  
Arbroath DD11 1EJ  
Phone: 01241 878585

2 Strang Street  
Forfar DD8 2HR  
Phone: 01307 465143

42 Dundee Street  
Carnoustie DD7 7PG  
Phone: 01241 859884

The Library  
High Street  
Monifieth DD5 4AE  
Phone: 01382 534244

Kirkton Hill  
Kirriemuir DD8 4JT  
Phone: 01575 572958

28 Panmure Street  
Brechin DD9 6AP  
Phone: 01356 624771

51 John Street  
Montrose DD10 8LZ  
Phone: 01674 672702



You can get this leaflet in large print, in Braille or on cassette by contacting us on 01307 473194.

We can provide this information in other languages if you need it.

ACCESS Angus 08452 777 778  
your direct line for council services