



POSITIVE FUTURES

# A Guide to our Services

DIRECT SERVICE PROVISION

ACHIEVING DREAMS, TRANSFORMING LIVES.

[www.positive-futures.ie](http://www.positive-futures.ie)

## COMMUNITY BASED SUPPORT SERVICES FOR ADULTS

Positive Futures provides a range of services that enable people with an intellectual disability, acquired brain injury or autistic spectrum condition to live a “good life” in their community. These services include:

### **Supported Living Services**

(also called Self Directed Supported Living) offer people the opportunity to live where and how they choose – in a home of their own or with other people they choose to live with. The level of support is tailored to need.

### **Peripatetic Housing Support**

**Services** are for people who usually already have their own home but need support with things like managing their money, developing new skills, shopping, cooking or socialising. These services generally offer a lower level of support, sometimes for a shorter term.

**Better Together services support “hard to reach” adults** by bringing together adults with an intellectual disability, acquired brain injury or autistic spectrum condition with other people who act as mentors. During this time, the person being supported gains confidence and attains goals that might otherwise have proved impossible.



We provide services directly to people with an intellectual disability, acquired brain injury or autistic spectrum condition and their families.



**To find out more about how we can support you, get in touch:**

+353 (0)1 853 7315  
[info@positive-futures.ie](mailto:info@positive-futures.ie)  
[www.positive-futures.ie](http://www.positive-futures.ie)

## POSITIVE BEHAVIOUR SUPPORT

Positive behaviour support is an approach that helps reduce stress in the people we support and their carers.

It does so by establishing the causes of behaviours that challenge and addressing them. Positive behaviour support is co-ordinated through our Positive Behaviour Support specialists and our external consultants from our partners at Studio III.

Positive behaviour support includes training for staff, as well as support and guidance on dealing with behaviours that challenge.

## PERSONALISATION / INDIVIDUALISED FUNDING

Personalisation or Individualised Funding gives people greater control of the services they receive, enabling them to determine what services they “buy”. Funding from the State can be in the form of Direct Payments, Personal Budgets or Individual Budgets. Positive Futures has also been working with families who use their own resources to purchase the services they want and need.



## **FAMILY SUPPORT SERVICES FOR CHILDREN & FAMILIES**

Staff and volunteers from these services support the whole family, providing opportunities for children and young people to become more involved in the community and make it possible for parents, brothers and sisters to enjoy fuller lives. These services have proven to be very effective in supporting children and young people, their siblings and their parents / carers.

## **RESIDENTIAL SHORT BREAKS**

Residential short break (respite) services for children or adults offer opportunities to spend quality time away from family while giving families a break from caring. We can develop short break services that also offer “outreach” support to children, young people or adults in their own homes.

## **HOME SHARING (SHARED LIVES) SERVICES**

Home Sharing Services give adults the opportunity to live with and be supported by another family or individual (“Shared Lives”). They also enable children and adults who live with their own family to have short breaks with another family or an individual. This gives their own families a break from full-time caring. Home Sharing is an effective way to support and expand informal networks for families and to build on the capacity of communities.

## **BETTER FUTURES – SUPPORT FOR OLDER CARERS**

Better Futures Services are for older people who care for a family member with an intellectual disability, acquired brain injury or autistic spectrum condition.

Older carers often feel isolated and are fearful about the future. Better Futures’ staff and volunteers provide advice and practical support, including emergency and futures planning, easing anxiety.

### Find us on Twitter and Facebook

Mention us to your friends – the more followers we have on social media, the more we can spread the word about the services we offer for the people we support and the good news about the difference we are making to the people we support and their families.

### Join the conversation

If you have a Twitter account, you can follow us @PFTweetsIE or find us at [twitter.com/PFTweetsIE](https://twitter.com/PFTweetsIE)

Or find us on Facebook:  
[facebook.com/positivefuturesIE](https://facebook.com/positivefuturesIE)



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