

The Northamptonshire Local Offer is part of the Education,
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Northamptonshire Local Offer:

Guide to Specialist Services as an Adult



Children First
Northamptonshire

 Northamptonshire
County Council

Contents

This guide has been created to help understand what opportunities are available in Northamptonshire when formal education has ended and when someone is likely to need social care support. More information can be found on the County Council website and on the Local Offer.

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Independent Living - Advocates

To make decisions, people need to:

- Understand information
- Remember it for long enough
- Think about the information
- Communicate their decision

People are allowed to make what the law terms unwise decisions such as staying up late or smoking. While these may not be good for their health, it is something that they can choose to do. However, someone who makes poor decisions that will put them at risk of abuse or poverty may need support through the adult risk management framework and adult safeguarding procedures. More information about [The Mental Capacity Act](#) is available online.

Advocacy

People can be provided with an [independent advocate](#) who can help with decision making.

[Total Voice Northamptonshire](#) offer advocacy services for people in Northamptonshire. People with a substantial difficulty being involved in decisions about their social care, who don't have anyone who can support them, are eligible for an advocate to help them participate in the process.

A social worker will usually make a referral for Care and Support Advocacy.



Independent Living - Mental Capacity Act

Family, carers and healthcare or social care staff must assume that a person has the capacity to make decisions, unless it can be established that the person does not.

People can lack capacity to make some decisions, but have capacity to make others. Mental capacity can also fluctuate with time .

Wherever possible, people should be helped to make their own decisions. They can be provided with information in a suitable medium at a suitable time to help them decide. E.g. Easy Read guides, PECS, discussions with trusted adults.



The Mental Capacity Act: Five Statutory Principles

1. A person must be assumed to have capacity unless it is established that they lack capacity.
2. A person is not to be treated as unable to make a decision unless all practicable steps to help him to do so have been taken without success.
3. A person is not to be treated as unable to make a decision merely because they make an unwise decision.
4. An act done, or decision made, under this Act for or on behalf of a person who lacks capacity must be done, or made, in his best interests.
5. Before the act is done, or the decision is made, regard must be had to whether the purpose for which it is needed can be as effectively achieved in a way that is less restrictive

Useful Contacts

Local Offer	0300 126 1000 (option 5)
Mencap	0808 808 1111
Motability	0300 4564566
My Safe Future	0800 0121 333
My Safe Home	0800 0121 333
National Autistic Society	0808 800 4104
National Autistic Society (Northamptonshire)	01933 653200
Northamptonshire Adult Social Services (NASS)	0300 126 1000 (option 2)
Northamptonshire Carers	01933 677907
Northamptonshire County Council	0300 126 1000
Northamptonshire Learning Disability Service	01604 682 682 or 0300 126 1000
Olympus Care	01604 366000 (option 2, then option 1)
Shared Lives	01604 366662
Total Voice Northamptonshire	01604 592702

18-25 Disabilities Team

The 18-25 Disabilities Team is part of Northamptonshire Adult Social Services (NASS). This team used to be called the Transitions Team. They look after young people age from 18 to 25 with a learning or physical disability who are eligible under the Care Act for social care support as adults. There is another team for people with mental health conditions and this team also looks after people with autism. The team use the 10 outcomes of **Care Act 2014** to decide eligibility. They help people that have been referred to them by social workers from the Disabled Children's Team and pupils identified in a special school as being likely to be eligible for adult social care. Other Children's Service professionals can refer young people to the team. These may be from Social Services or Education Services. They aim to ensure that young people who rely on Children's Social Care can transfer seamlessly into Adult Social Care (if they have eligible Adult Social Care needs). Young people who might be eligible for Adult Social Care services will be offered an 'Assessment of Need' at an appropriate time before their 18th birthday. The 18-25 Disabilities Team will develop a statutory care and support plan to meet those needs and to achieve identified outcomes. The support plan could cover areas such as:

- Ensuring good health and wellbeing
- Arranging living and support arrangements
- Becoming a part of the community
- Managing money
- Learning to be as independent as possible
- Identifying goals for the future
- Developing skills to do voluntary or paid work



Independent Living - Travel

People with disabilities are entitled to support when using public transport and can apply for rail and bus passes. There are also volunteer run transport services that may be able to help with mobility. When choosing day care, it is worth considering how you will get there.

- **Can your PA/carer drive you in your mobility car?**
- **Will you catch the bus?**
- **Do they offer a transport service?**

Some day care providers teach travel training as part of their life skills. If a disabled person has been assessed as needing (for example) a day activity provided at a day centre or a need to take part in social or leisure activities within the community then the council is under a duty to consider transport needs, such as how they will get to the centre or the activity as part of a personal budget.



The Motability Scheme enables disabled people to use their mobility allowance to lease a new car, scooter or powered wheelchair. Insurance, servicing and breakdown assistance are all included at no extra cost and car adaptations are available. Family members and carers can also drive the car on behalf of the disabled person, so non-drivers can join the Motability Scheme. The vehicle should be used by, or for the benefit of, the disabled person.

The Motability Scheme is open to those who receive the Higher Rate Mobility Component of Disability Living Allowance (DLA), the Enhanced Rate Mobility Component of Personal Independence Payment (PIP) or the Enhanced Rate Mobility Component of Armed Forces Independence Payment (AFIP).

Independent Living - Supported Living and Residential Care

Supported living refers to the way in which accommodation and support are organised, instead of the amount of support. This will be tailored to individual need and can include access to support 24 hours a day if assessed as necessary.

Supported Living is a term generally used to describe situations in which people (often younger adults with special needs such as a learning disability or mental health condition) usually rent their home, and their personal care or support is arranged separately. This means they can change their support without having to move, or move and take the same support with them. People have the security of tenure and can claim a wide range of welfare benefits.

Supported living can be delivered in a range of settings, including individual flats or homes, self-contained flats on the same site, shared accommodation and extra care housing. The individual, a private landlord, a housing association, a local authority or a charity may own the property. The Health Service offers advice about [supported living](#) and also provide a personal health care budget service when the primary need is health support.

Vincent has a severe learning disability and non-verbal autism. He needs 24 hour care as he has no awareness of danger and is unable to look after himself. He can make limited choices such as what he would like to eat and drink but is unable to understand more complex decisions. He is the tenant of a 2 bedroomed flat, with a team of three carers who are with him all day, every day and meet all his needs. He has a mobility car that the carers drive to take him to visit his father and to go out and about. He is relaxed and happy in his home.

Daytime Opportunities - Learning Opportunities

SENSE and Canto post-16 colleges offer day support (which is separate to the educational element of the college and is not dependent on having an EHC plan).

[SENSE](#) Resource Centre specialises in supporting people who are deafblind, have sensory impairments or complex needs.

[CANTO](#) can provide a range of opportunities through their Link Programme for young people with a variety of needs.

[Olympus Care LIVE \(NASS\)](#) support people with a disability to live independently and offer volunteer work in the community.

Teamwork Trust provide opportunities for people in Kettering, Corby and Wellingborough with vocational opportunities.

The [National Autistic Society](#) in Irthlingborough have a centre for people with autism aged over 18 offering social skills, communication and life skills training, plus cookery, information technology (IT), arts and crafts and music sessions.

Other day care providers offer life skills and training to help develop skills such as horticulture, musical theatre and catering. You will need to research which providers offer the training programmes and support you are interested in.

There is no need to have an EHC Plan to access these services and community activities. You will need to confirm how you will fund these services.



Daytime Opportunities - About Adult Day Provisions

Adult day care is for people who are not independent and need support in the day. They usually offer support, teach life skills and provide recreational activities.

There are a number of different providers of day care around Northamptonshire . You can ask your social worker to help find a suitable setting but we also recommend visiting them yourself to find out what they offer. Think about how you want to fill your day, what type and level of disability the provider supports, how far you can travel, staffing levels and skills, how much it will cost.

You can request a brochure from the Customer Services by ringing 0300 126 1000 - there is a section within it dedicated to services for people with a learning disability as well as services for people who are older.

Day provision can be funded through a personal budget or can be self funded.

The Local Offer website keeps a list of services and if we know that the Local Authority commissions them we have tried to identify them for you. Please see our section on Adulthood or search for Day Care for the most up to date information. Your social worker will have access to more providers.



Independent Living - Living at Home, Domiciliary Care and Personal Assistants

Personal Care Budgets

A personal care budget is the amount of money allocated by the local authority to ensure the assessed needs in the care plan are appropriately met. It is the amount of money necessary to meet eligible needs, based on the costs in the local area. For young people over the age of 18, an indicative budget is normally set as an estimate, and then a final budget is agreed when the support plan has been organised to meet the needs in the Care Plan. Part of the assessment process may involve a health screening to see if a health budget should form part of the overall personal budget

Personal Assistants are:
“Someone you choose and employ to provide the support you need, in the way that suits you best. This may include cooking, cleaning, help with personal care such as washing and dressing, and other things such as getting out and about in your community

Domiciliary Care

There are a number of providers who are able to support people to live independently in their own home. They can help with personal care, shopping and other activities. Northamptonshire Adult Social Services have contracts with a number of agencies and can arrange support for you.

If you choose to have ‘direct payments’ as a way of managing the personal budget, then you will have to arrange domiciliary care or employ the personal assistant yourself. The Personal Budget Service will be able to help you advertise and safely employ staff. Discuss this with your social worker before making a decision.

Independent Living - Living at Home, Short Breaks, and Shared Lives

Short breaks are also available for adults as well as children and young people and are organised through Social Services.

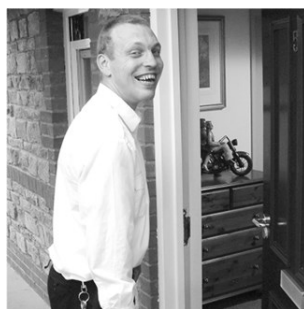
Short breaks are sometimes called respite care.

The [NASS Shared Lives scheme](#) matches people with carers who will share their home either for a short time, or as a permanent supported living arrangement.

Carers provide comfortable family homes for younger adults and adults with a learning disability (and older people). The idea is to give as much independence as possible to individuals, while having a safe and secure home environment within the community. The Care Quality Commission has reported them as an outstanding provider for the last three inspections.

Remember that if you continue to live in your parent's home then they will be entitled to a 'carers assessment' under the Care Act. They can request this from the Local Authority by ringing the Customer Services team on 0300 126 1000.

[Northamptonshire Carers](#) can help with support and advice for families who are caring for a loved one in the family home. They also hold social events and activities.



Daytime Opportunities - Some Local Providers

[Spectrum Northants, Duston](#)

Northampton 01604 754120 info@spectrumnorthants.co.uk

[St. Andrew's Healthcare - Workbridge](#)

Northampton 01604 872770 workbridge@standrew.co.uk

[Brookside Day Centre \(Adult Day Provision\)](#)

Northampton 01604 400400 info@brooksidecentre.com

[Olympus Care Services, NASS - NCC](#)

Northampton, Corby, Towcester, Rushden, Daventry & Wellingborough 01604 366000 ocsadmin@northamptonshire.gov.uk

[Project Care \(Adult Day Provision\)](#)

Northampton 01604874710 ania.watts@projectcare.co.uk

[Diem Centre \(Adult Day Provision\)](#)

Northampton 01604 751628 info@diemcentre.com

[LEAP \(Adult Day Provision\)](#)

Northampton 01604 766165 leap.northampton@yahoo.co.uk

[The Cube Disability \(Adult Day Provision\)](#)

Northampton, Kettering and Daventry 01604 603110 hello@thecubedisability.co.uk

[Brixworth Nursery Farm Resource Centre \(Adult Day Provision\)](#)

Brixworth 01604 882636 brixworthnurseryfarm@yahoo.com

[Fundays \(Adult Day Provision\)](#)

Brixworth 01604 965441 fundaysdayservice@outlook.com

[Mowers Arc CIC](#)

Corby 07447 101015 directors@mowersarkcic.co.uk

[SMILE \(Adult Day Provision\)](#)

Kettering N/A support@smiledaycentre.co.uk

[Day Care Solutions \(Adult Day Provision\)](#)

Northamptonshire 01234 262650 head.office@lifeways.co.uk

[Independent Skills Environment Daventry Ltd \(Adult Day Provision\)](#)

Daventry N/A isedaventry@yahoo.co.uk

[Sunflower Day Centre \(Adult Day Provision\)](#)

Wellingborough 01933 274009 info@sunflower-day-centre.co.uk

[The Fairway Centre \(Adult Day Provision\)](#)

Rushden 01933 387719 diane@fairwaycentre.com or ray@fairwaycentre.com

Independent Living

People with disabilities and profound disabilities can, and do, live in their own home in the community. It can be arranged with good planning.

You could establish domiciliary care provided in a flat or a shared house, or even to buy your own house.

Most young people—with or without a disability—continue to live with their parents for a while after leaving school or education before they establish their own homes.

You should think about a few things before you start the planning.

- Where would you like to live?
- Who would you like to live with?
- How much help and support you need?
- What your family and carers (circle of support) think.

[My Safe Home](#) is the UK's leading provider of help and support for people with profound and enduring disabilities who want to buy their own home. They believe that having a severe disability should never stand in the way of having your own home.

[Mencap](#) have been supporting people with learning disabilities to live independently for many years and are able to offer advice and support.

There are still some residential homes in Northamptonshire if you think this is a good option and some of these also provide respite care.

You can request help from your social worker by contacting the Adult Social Care Team on 0300 126 1000 or by talking to your social worker on the 18 to 25 Disabilities Team.



Independent Living - Specialist Housing

Finding suitable housing or adapting to your current home can make a huge difference to your quality of life.

Northamptonshire Adult Social Services (NASS) may be able to help widen your understanding of housing needs. You will need a care assessment to consider what support options, including your housing arrangement, you might have. If you still live with your parents they are entitled to a carers assessment as well.

You can consider buying your own home, renting from a private landlord or a housing association or renting from your local council. If you have physical health problems, your local borough or district council could help to find a property which has already been adapted in a way that meets your needs. Alternatively, they may be able to get a housing grant to cover any adaptations which need to be made to your home.

[The Accessible Property Register](#) is a website that specialises in promoting wheelchair-accessible and adapted property (including houses for sale, for rent, student housing and social housing), and wheelchair-access holiday accommodation. The website also provides links and useful information relating to property and disabled access.