



New Directions



This is an Easy to Read guide to New Directions.

What is New Directions?



New Directions is a way to support adults with disabilities who use day services.



New Directions came out in 2012 after a review of HSE day services for adults with disabilities. The review found out what was working well and not working well.



New Directions is about the supports you need to do the things you want to do every day.



It is about the supports you need to use services in your community.

The 4 Values of New Directions



1. Person-Centredness

Services should be set up to suit you and your needs.



2. Community Inclusion

Day services and supports should help you to be part of your community.



3. Active Citizenship

Day services and supports should help you to take up important roles in your community and country.



4. Quality

Day services and supports should be of good quality.

Person-centredness



Person-centredness is a belief that each person has the right to live their own life.

Services and supports are built around the needs of each person rather than a group.



A person with a disability can make their own choices and decisions.



Individuals, staff teams, and managers really listen to and support the choices you make.



There are high hopes for each person and for the things they can achieve.

You are given the chance to take risks and try new things.



Person-centred planning is an important part of person-centredness.

It supports you to make choices about how you want to live your life.



It is a way to make plans for the future.



Person-centred planning is about your hopes and dreams.



It can support you to be more independent, to make your own decisions, and to have a better life.

Community Inclusion



Community inclusion is about taking part in your community and society.



It is about meeting people in your community and joining groups.



Being part of your community means living and working in ordinary places.



It means using services, for example, the library, shops, cinema, or local college.

Active Citizenship



Active citizenship is about doing things for your community and taking up important roles.



It is about volunteering or working with community groups.



It is about voting and having your say in local politics and planning.



Active citizens are involved in decisions that affect them and their communities.

Quality



All people with a disability should get a high quality service.



Service providers should check that their services and supports are high quality.

The Personal Supports



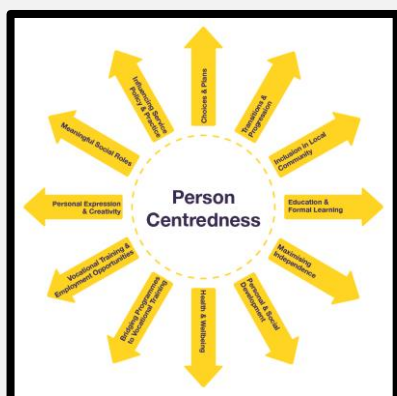
Every adult needs support in his or her life.
People with disabilities need supports that suit them as an individual.



Each person will need a different type of support depending on their needs and abilities.



Supports should be able to change as the person or their life changes.



New Directions says that there should be 12 personal supports available to a person with a disability.

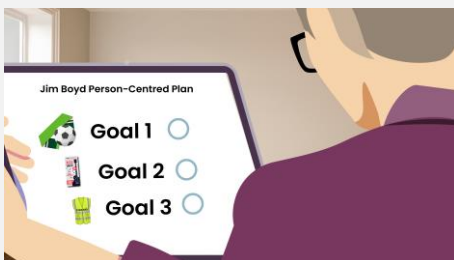
1. Support for making choices and plans



People will be given the information and support they need to make choices about their future.



Service providers will offer person-centred planning to each person using their service.



Each person will build the skills they need to put their person-centred plan together.

They will decide on the supports they need to achieve their goals.



People with disabilities will get the right support to try out new experiences and to manage risks.

2. Support for making life changes and for moving on



People will be able to move easily between services and supports.

They can try out new activities and services before making a final decision on a change.



Service providers will work with the person to put together a plan for any move or change.



People with disabilities can work towards their goals and dreams.

Each person will get the support they need to be the best they can be and to celebrate their achievements.



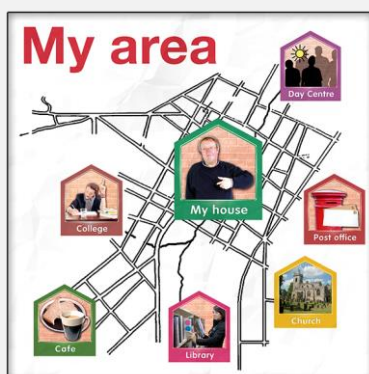
People with disabilities can achieve mainstream qualifications for their learning.

3. Support for taking part in your local community



People with disabilities are part of their community.

They have relationships with people in the community and not just with paid staff.



Service providers will make sure that everyone has the chance to be part of their community.

They will be guided by the person and their person-centred plan.



In future, services should be in inclusive, community settings.

Inclusive means a place where everyone is welcome and can take part.



Staff will learn more about working with the local community.

They may change how they work to better support a person to be part of their community.

4. Support for education and learning



People will take part in education programmes that match their needs, interests and abilities.



Each person will want to learn different things at different stages of their life.



Some adults with disabilities may have missed out on education at school.

Service providers will support each person to find out about their choices for learning.



This will be part of person-centred planning.



People with disabilities will get the supports they need to take part in mainstream education.



Service providers will work with community and mainstream education groups.



People with disabilities will have individual education programmes if they need them.



These programmes will take place in the community where possible.

5. Support to be as independent as you can be



Each person will find out what being independent means for them.

They will find out how they can be as independent as possible.



People can learn the skills they need to be independent and to manage risks.

They can try out their skills in real life situations.



There will be support programmes for families.

These programmes will encourage families to let the person take control of their lives.



Being able to use public transport is a key part of independence.



It is important that everyone can easily get in and out of services in the community.



They need to be able to get around inside the building too.

6. Support to develop personal and social skills



Personal and social skills help us communicate and build relationships with people.

Each person will get the skills they need to reach their goals and dreams.



Some adults may need support to make friends, have a social life, and take part in community groups.



Service providers will work with community groups, residential, and respite services.

They will make sure that adults with disabilities can meet people in their community.



Some individuals may need support with their goals in the evening or at the weekend.

Service providers will try to offer support at times that suit the person, and not just during the day.

7. Support for health and wellbeing



Every person can get the health care they need. Where possible, they are supported to look after their own health.



Services providers and people with disabilities think about mental health, as well as physical health.



Service providers know about health services in the community that everyone can use. People with disabilities will get the supports they need to use these services.



Some individuals will need special programmes, therapies, technologies, and other supports.

8. Support to take part in programmes to get ready for job training



People take part in programmes to get ready for vocational training.

Vocational training is training for a job.

It is a chance to learn skills needed for work.



There should be information about training and work opportunities.



People with disabilities should be able to try things and take part in work experience.

This will help them learn about jobs and training, and make career choices.



Service providers and training organisations need to work together to make sure that people with disabilities are ready for work.

9. Support for vocational training and work



People are supported to move from support services to vocational training and to a job.



People with disabilities get the right supports so they have the best chance of finding a job. Each person will need different job opportunities and support.



The person can use their person-centred plan to help them decide what is best for them.



Service providers help a person to get ready for a job.

They can support the person to be independent, make life changes, and build skills for work.

10. Support for personal expression and creativity



Each person is supported to explore their own creativity and find ways to express themselves.



They can explore their talents and find the best ways to show their talents.



Some will want to take part in art, dance, sport, music, or drama.

Others will express themselves by making or growing things.



Service providers support the person to take part in community groups and programmes.

They support the person to share their talents with others in their community.

11. Support for having meaningful social roles



People find out about and take up valued social roles.

These are important roles in their family and community.



Some people with disabilities may need information on what social roles are and why they are important.



They may need time and experience to understand what each social role means.



Social roles could be a volunteer, family member, friend, learner, member of a parish, member of a local group, or member of a team.



The person may need support to get the right skills and experience to carry out the social role well.

12. Support to have a say in service planning and policies



People take part in all service planning and development.

They are involved in checking the quality of services.



People with disabilities must be able to have their say about services.

They should help to put service plans together and to review them.



They should be involved in hiring and training staff.



Everyone needs to work together, and to talk about services, policies, and ways of working. They may need to learn new skills to do this well.

More information



You can get more information on our website
www.hse.ie/newdirections



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