

How We Will Support You

SafeSpace is able to provide short term accommodation in line with your needs as identified in your support plan, this can be for a maximum of 2 years for residents of main stay flats, or up to 28 days for residents in the emergency flats. This can be extended in exceptional circumstances.

What is Support?

Everyone needs support at some point in their lives and SafeSpace is here to support young people to make positive choices, gain independent living skills and develop the emotional resilience they need to move onto lead successful and fulfilling lives.

Support can be difficult to define because it covers a wide range of activities. When SafeSpace refers to support it includes:

- Helping service users to make their own choices, we will never make those choices for you.
- Listening to how the young person feels, and what they have to say about something.
- Explaining what options are available and what the outcomes of those options are likely to be.
- Explaining what barriers might prevent a young person from achieving something, and how they can overcome those barriers.
- Explaining how and why other people may react in a particular way to a young person's behaviour.
- Being a role model for positive behaviour.
- Empowering and motivating young people to set and reach their goals.

Policy Principles

Our approach to support and risk assessment is based on the following principles:

Person centred and empowering – in order for support planning to be effective we believe you need to be actively engaging and have a sense of ownership. We aim to achieve this by actively involving you in all assessments, planning and reviews.

Outcome focused – the choices, goals and priorities, which you want to achieve, are identified by you to enable you to be supported to maintain independent living and attain an enhanced quality of life.

Choice and control – support planning offers a level of service that is appropriate to your individual needs. Services are able to respond quickly and effectively to any changes in your support needs that are identified.

Multi agency / Joint working – support needs that cannot be provided directly by SafeSpace will be proactively addressed by working closely with statutory, voluntary and other

agencies with your agreement. Any plans or reviews will be developed with the aim of complimenting any statutory plans already in place.

Quality monitoring – Needs and Risk Assessments and Support Plans are quality monitored on a regular basis to ensure a consistently high standard for young people.

Continuous improvement – Your feedback is encouraged and requested on a regular basis, the Supporting People Quality Assessment Framework will be used to strive, achieve and maintain quality standards within our projects.

Support Plan

Whilst you are at SafeSpace you will have your own support plan and personal development plan (PDP). Staff will support you to meet the targets that you will set for yourself with the help of staff and you will be given many opportunities to reflect on your SafeSpace journey.

Staff will support young people to set SMART targets, SMART means targets are specific, measurable, achievable, realistic and timely. For example: “improve cooking skills” is not SMART, because the amount of improvement is vague. In contrast, “learn how to cook three basic meals over the next two months” is specific and includes a target time. Larger targets will be broken down into smaller targets where appropriate, for example a target of being able to successfully manage money by the end of the year, might be broken down into:

- Create a household budget – week 1
- Shop for groceries within budget – week 2
- Review household budget and adjust it – week 3

The Support Plan is a working document and will be continually reviewed, amended and adapted throughout your tenancy and will remain focused on your needs. It will always aim to reflect your current circumstances, thoughts and views, needs and goals, even if these have changed since you moved in.

You can review your support plan whenever you like and with any member of staff.

Personal Development Plan

The PDP is a workbook which we encourage you to personalise. It contains activity sheets designed to help you build various independent living skills. Some of these may already come easily to you, others may present more of a challenge. You can complete the PDP on an ongoing basis on your own or with a member of staff.

Support Sessions

Whilst staying at SafeSpace you will be offered support sessions where you can discuss any problems or issues that you may be experiencing, review your support plan and your plans for moving on. Your support session will be arranged at a suitable time for you and you can also request them. The support session will be carried out in a confidential matter. You will also have support from staff at all other times during the week, Staff are there to listen and talk to and assist in the development of your independent skills.