

In brief

A one-day training workshop suitable for teams in adult social care wanting to build their confidence and skills in supporting people with learning disabilities living at home with older family carers.

Why this training is needed

It can often be hard to talk about change, and plan for the future, with people with learning disabilities living with elderly parents. A balance needs to be found between building a relationship with a parent and enabling the person themselves to have a voice. But, with understanding and skills, a whole family approach can achieve small positive changes, leading to more significant steps to having plans in place.

Our training

Informed by many decades of support to families where people live at home with older family carers, the training includes approaches to build relationships with parents to talk about difficult subjects and introduce ideas for their son or daughter to make choices about their life now and in the future.

Together Matters' many resources and templates aid conversations, ensure people with learning disabilities have a say in decisions, get thoughts written down and begin to introduce small changes that can be built on. The training will give practical ideas to use:

- Thinking Ahead: a planning guide for families. Originally written for parents finding it hard to think about their son or daughter's future, it covers topics such as building support networks, housing and support and setting up discretionary trusts
- I'm Thinking Ahead. Easy read information to help people have a say and build their confidence in talking about what they'd like to happen in their life. Gives ideas on 'How to plan', 'How to make choices' and 'How to get the right housing and support'
- Making an emergency plan: guidance and template.

Benefits for local authorities

Our resources and training are unique in addressing both the needs of people with learning disabilities and their family carers: bringing these conversations together helps to achieve change. People living with older family carers are often likely to hit a crisis at some point, leading to inappropriate and expensive support. Finding ways to offer support, such as developing emergency plans and building support networks, can help the family and care management deal more effectively when circumstances change and reduce the risk of the situation becoming a crisis. There should also be a reduction in concerns, including safeguarding, experienced by practitioners.

Interested in finding out more?

Take a look at our Growing Older website page: <https://www.togethertomatters.org.uk/growing-older/>
Email Christine Towers to arrange a time to speak: christine@togethertomatters.org.uk