

PROMOTING MENTAL HEALTH
& INDEPENDENCE IN ABERDEEN

STABLE offers flexible and consistent support to people living in their own homes. We provide person-centred support for people who have or have had mental health issues. The goal of our team is, as far as possible, to support individuals to maintain good health and improve their independence so they no longer need our support.

STABLE promotes Turning Point Scotland's Vision for Recovery in its work. Turning Point Scotland's vision for recovery is one that encourages people to accept responsibility for themselves so that they can take control of their own decisions and their own life.

The team wants individuals to reach their dreams and will support them to achieve their own goals and targets whilst recognising their right to feel safe and secure in whatever course of action they may choose to take.

STABLE is committed to providing a quality service at best value.

STABLE is interested in talking to potential referrers with any questions or queries about individuals they might be considering referring to us.

"STABLE provides an excellent ongoing service in my life and many aspects of it, for which I am very grateful. I particularly like the companionship, support, consideration, the devotion of the staff and the way they encourage me organise my life"
– service user

STABLE is one of the many services provided by Turning Point Scotland (TPS). We provide person centred support to adults with a range of complex needs throughout Scotland.

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designed by Michael Dancer / 0141 424 0401



STABLE

Making **Mental Health**

Services Fit People



Many of the people supported by **STABLE** are council tenants or tenants of housing associations. We are also able to provide a service to home owners or people in private rented accommodation. Aberdeen City Council will charge for this service by the hour. Some people are exempt from the charge. A financial assessment needs to be carried out for each person in order to decide. We work in partnership with our referrers in the statutory agencies and welcome constructive feedback from all stakeholders. We do not have direct access to any accommodation although we can assist with housing applications, moving home and resettlement from hospital in partnership with other agencies.

The hours of the service are 9am-9pm – the office closes at 5pm and at weekends. There is an on-call service available within service hours

Advice and support is available both within and out with the individual's home.

This includes:

- Using equipment in the home such as washing machine or cooker
- Food preparation and safe storage
- Minor household maintenance such as changing light bulbs
- Household tasks such as establishing a cleaning routine, food hygiene practices, changing bedclothes
- Support to attend appointments
- Dealing with neighbour/community problems
- Shopping/community facilities
- Advice/support with resettlement/moving house

“STABLE aims to support tenants and build life empowerment by promoting equality and encouraging independent living within the community.”

The **STABLE** team supports people to make informed choices and achieve their goals at a pace suited to them. **STABLE** values everyone as an individual with the right to have his or her voice heard and choices respected. For this reason people referred to **STABLE** must want to engage with the service.

Everyone who engages with **STABLE** has an individual contract and support plan that is agreed between themselves and the service. It details what specific support will be provided but also what is expected of the person. It requires the individual to be an equal participant in a partnership, not merely a passive recipient.

STABLE team members understand the negative effects that mental illness can sometimes have upon individuals' motivation and are able to provide patient and empathetic coaching and support to help people achieve their goals.



STABLE team members are selected for their experience, attitude and values and are skilled by Turning Point Scotland through a programme of training and development which includes a six month induction, SVQ accredited learning and a programme of core training which includes Scotland's Mental Health First Aid and ASIST suicide intervention.

Information for Referrers:

Many referrals come from care managers, social workers, community psychiatric nurses and other support agencies.

Supporting People funding is available if your referral corresponds to the '21 tasks' of Supporting People housing support under the legislation. Other sources such as care management funding may be available for other kinds of support package. You should assess how many hours of support are required.

To see whether your referral fits the '21 task' criteria, contact:

Supporting People Office
74-76 Spring Garden
Aberdeen AB25 1GN
T (01224) 538066



Once funding for your referral has been approved we will arrange a date to meet the individual concerned and ask you to send us a copy of an up to date Single Shared Assessment document and written confirmation that they are aware this referral is being made on their behalf.

We will then make an initial visit where the contract and terms of engagement will start to be agreed with the individual.

STABLE

Turning Point Scotland
45-49 Holburn Street
Aberdeen AB10 6BR
T (01224) 577322 (Team base)
T (01224) 577320 (Service manager)