

## SUPPORTING HUNTINGTON'S & PROMOTING EQUALITY

The **SHAPE** team has gained an in-depth understanding of the challenges faced by individuals living with HD and other neurological conditions. Although we recognise the impact of the cognitive, physical and emotional difficulties faced by many people, **SHAPE** still expects the people it supports to be making their own decisions and to be in control of their life.

Team members use their skills and knowledge to help promote peoples' independence and to ensure their existing skills are maintained as far as possible. As far as we know, this service is unique in the fact that it provides direct housing support to individuals living with Huntington's disease to remain safely and independently at home, for longer than was previously possible.

"I have been very impressed by what **SHAPE** has to offer and more so by the quality of the support the support workers provide. I'm constantly considering **SHAPE** when planning services for my clients now because my experience of them has been so very positive"

– social work care manager

**SHAPE** team members work with the individual who requires a service in order to maximise his or her independence. For this reason they will not do things like go and do people's shopping for them or clean the house in the person's absence. They will support people to do these tasks for themselves.

Similarly **SHAPE** will promote an individual's independence in getting around in the community so we will not encourage building dependence by providing lifts for people where they would normally use public transport or their own methods of getting around.

**SHAPE** 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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## SHAPE

Making services fit people living with **Neurological Disorders**



designed and produced by Michael Dancer / 0141 424 0401

Many of the people supported by **SHAPE** 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

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

Everyone who engages with **SHAPE** 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.

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

**SHAPE** 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.

**"SHAPE** aims to support tenants and build life empowerment by promoting equality and encouraging independent living within the community."



### Information for Referrers:

Many referrals come from care managers, social workers, community occupational therapists 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.

### **SHAPE**

Turning Point Scotland  
45-49 Holburn Street  
Aberdeen AB10 6BR  
**T** (01224) 577327 (Team base)  
**T** (01224) 577320 (Service manager)

