



**If you would like more information please
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Lifestyle Support Service

Supporting people to participate in their
community and maximize their potential



What is the Lifestyle Support Service?

This is an established service available to people with a learning disability across Northern Ireland. This service can support individuals within their own home with tasks such as daily living, finances, maintaining their tenancy and day opportunities. The support provided could be for as little as one or two hours per week up to as many hours as required. This service can also be used for a one off event. It is a flexible and personalised service based on choice. Our experienced Service Manager Lifestyle Support will work with people in the different areas throughout NI to provide a flexible and personalised service based on choice.

How does it work?

A referral will be made to the Service Manager Lifestyle Support to access the service. This can come from the individual themselves, a family member or a professional.

The Service Manager Lifestyle Support will begin identifying and sourcing the supports required, to assist the individual within their home and/or to take advantage of opportunities available to them in their local community. The Service Manager Lifestyle Support and the individual will organise and agree an Individualised Plan together.

This service is not a funded service. Therefore, individuals interested will have to be in a position to pay for the service themselves or source alternative funding. For example explore a self directed support package for the individual's support needs from the local Health and Social Care Trust.

Who is it for?

Individuals who:

- have a learning disability
- are interested in taking part in community activities

What are the benefits?

Some of the benefits of the project include:

- improve quality of life and meet new people
- learn new skills
- access to leisure activities
- new opportunities and experiences
- increase confidence and independence
- community involvement

