

SEE ABILITY

Live. Love. Thrive. Belong.

**Live.
Love.
Thrive.
Belong.**



“ I can't put into words what a difference they have made to his life and my peace of mind. It's immense, and he is blossoming.

Family member of someone we support

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About us

SeeAbility has a strong heritage – in fact we're one of the oldest disability charities in the UK. We've pioneered specialist support for over 225 years and we're passionate about supporting people with learning disabilities and autism to achieve their goals and live inclusive lives in local communities.

We began our journey as a School for the Blind in London, but we have since evolved to become experts in learning disability and autism. We still retain expertise in vision support, as people with learning disabilities are ten times more likely to be affected by sight loss.

At the heart of our work is supporting people with learning disabilities and autism to live ambitious and

fulfilling lives. Whether that's forming more friendships and relationships, trying new experiences, or finding paid employment, we're committed to creating opportunities.

Our committed team of specialists work alongside our support teams, providing vision rehabilitation expertise and, where commissioned, positive behaviour support, in supported living accommodation and residential homes located across the south of England.

All our services are registered with the Care Quality Commission (CQC) and we are proud to have one of the highest compliance levels in the social care sector, with all homes rated as 'Good'.



100%

of our homes were rated
as good by CQC



94%

of people we support rated their
support 'very good' or 'good'



283

people supported in supported
living and residential homes

Where are we?

SeeAbility supports people within supported living and residential homes across the south of England.

- Bristol
- Buckinghamshire
- Devon
- Dorset
- Hampshire
- Kent
- Oxfordshire
- Somerset
- Surrey
- Sussex



Visit our website to find out more:

seeability.org/find-homes-support 

Our specialist support

SeeAbility is unique in providing in-house specialist support, including vision rehabilitation and, where commissioned, positive behaviour support (PBS).

These teams enable us to provide ambitious support to help people live ambitious lives. Our focus is on encouraging people to challenge themselves to achieve their own goals and get the most out of life, while supporting increased independence and choice.

Positive behaviour support

Our PBS specialists carry out functional assessments of any behaviour that is challenging a person and their team, working alongside the person supported, their family, and their support team. They work collaboratively to develop functionally equivalent skills, so the person can communicate in ways that meets their needs in a safe way.

The team plans care in an extremely person-centred way to improve people's quality of life, and work towards living the least restrictive life possible.

Vision rehabilitation

People with learning disabilities are ten times more likely to have sight problems, and it's vital they

get the right support when they need it. The Vision Rehabilitation Team works with people who have vision impairments or sight loss to support them with increasing independence.

Their goal is to ensure people can learn the skills and develop the tools they need to do as much as possible for themselves. That could be anything from learning to make a cup of tea, to learning a route to work.

Active support

90% of our teams are trained in Active Support, an approach to support that focuses on empowering people to take part in every day tasks, helping them to build their independence, confidence and skills. It's all about doing things with people, rather than for them, from learning small everyday tasks, to making big life decisions.

This approach, across our homes, means our support is always challenging people to achieve more and take control of their lives.

Please note: PBS services are reliant on specifically commissioned funding. Please speak with your SeeAbility contact if you would like the support to include these.

Our Quality of Life webs

Everyone we support through social care tells us what is important to them through their Quality of Life web. This web captures people's experiences and expectations across different areas of life – relationships, home, opportunities, health, and so on – so we can work together with them to achieve their goals.

The important point here is that we ask people what they want to achieve, rather than waiting to be told. We challenge what people with disabilities expect from life, and put in place bold plans that support their ambitions.

This active encouragement can have remarkable results. Read Giban's story, below, to see how we worked with him to create a healthy eating and fitness plan, so he no longer relies on insulin to manage his diabetes.

Giban's journey to a healthier, happier life

Only a short time ago, Giban's life was very different. He was living in a small, uncomfortable space and often felt overlooked. He was insulin dependent, very overweight and spent most of his days without human contact.

But things changed when he moved into his new home, supported by SeeAbility.

The team at Jacobs Close saw Giban's potential straight away. They spent time listening, learning and putting a detailed plan together with Giban.

A fresh start with food and fitness

One of the biggest shifts was in his diet. Giban has always loved food, but before moving, he lacked support to make the healthy choices to manage his diabetes and feel well. His support team started with developing his home cooking, working with him to cook meals he enjoys, whilst keeping them balanced and nutritious. This hasn't just had a positive impact on his diet, but has encouraged him to make good decisions for himself generally.

So next, he began to exercise. Every morning, without fail, Giban and his support workers headed out for a 1.5-mile walk, whatever the weather. Through this love of exercise, Giban then found a new passion for sport, particularly badminton. The court has become a place where he can challenge himself, have fun and connect with others. The wide court, where he can meet friends and stay fit, seems a thousand miles away from that small, uncomfortable room he was in only a year before.

A life-changing milestone

With all these changes, Giban is proud to no longer rely on insulin. With his hard work, and the right support around him, he has taken control of his health.

He has also lost over three stone in weight, moving from XXL clothes to size M. He feels good about how he looks and feels and this boost in confidence has opened up new hopes for building relationships and feeling more connected to others.

“ I do meaningful things now. I never realised how much my life has improved since I moved into my new home.

With his life on such an upward trajectory, Giban has started dreaming bigger. He has started the process of enrolling to college to study cooking, so he can one day become a chef.

This is just the beginning for Giban. With his determination and the right support, he knows he can keep moving forward. And with each new challenge he takes on, he is showing just how much is possible.



More than a support provider

At SeeAbility, we are more than a support provider. We also run innovative programmes and campaigns to improve the lives of people with learning disabilities, autism and sight loss. People supported by SeeAbility are encouraged to get involved with these programmes where they align with their ambitions.

Building a career

Where available, our Ready, Willing and Able supported employment programme supports people with disabilities to find employment and build careers. This support goes all the way from writing a CV, to interview preparation, to checking in with people as they progress their careers.

Our innovative programme works closely with both the job-seeker and the employer to ensure both sides are ready, willing and able to make inclusive employment work.

Amplifying voices

SeeAbility's Listen Up programme supports people with disabilities to speak up about the issues that matter to them. The team meet regularly and take their campaigns to policy makers, MPs and anyone who can help improve the lives of people with disabilities.

Through the programme, they not only make a tangible difference to society, but also build confidence and core communication skills.



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It feels really, really good. It's nice to earn actual money. By having a proper job, I feel a weight has lifted off my shoulders. Life is a lot less stressful not having to look for a job.

Beatrix, a participant in our regional Ready, Willing and Able programme

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It means I can speak up about change that needs to happen. People listen to me now I've found my voice.

In my day-to-day life I can advocate for myself more on what I enjoy doing. I also share my lived experience with organisations and university students so they know what great support looks like.

Matt, a member of the Listen Up team

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Campaigning for better eye care

Adults with learning disabilities are ten times more likely to have sight loss, but far less likely to get the eye care they need.

SeeAbility has been campaigning for better eye care for people with learning disabilities for over a decade. We recently persuaded the government to provide sight tests in every special school across the country, to improve eye care for the next generation.

We also work hard to ensure adults can access eye care in their local communities. Our Eye Care Champions are a team of people with lived experience of learning disabilities and autism, who help to build local eye care pathways and raise awareness of the issue.



Candace's story - Finding her voice again

One seizure, and suddenly everything she knew – her ability to speak, to connect, to be understood – was stripped away. Her world felt small. Candace's potential, though vast, remained locked away.

A fresh start with SeeAbility

When Candace moved into her new home supported by SeeAbility, everything began to change. For the first time in years, people saw beyond the silence, beyond the limitations others had placed on her. Her support team didn't just see someone in need of care - they saw a person with a story, a personality and a voice waiting to be heard.

Rebecca, the deputy manager, had belief in Candace's potential from the very start. She didn't focus on what Candace had lost, she focused on what was still there.

The journey to being heard

It started with the small things - gestures, expressions and pointing. Every choice Candace made, no matter how simple, was acknowledged and encouraged. When she smiled at something she liked, they noticed. When she frowned, they asked why.

Slowly, Candace began to respond in new ways. A nod here, a shake of the head there. Then came the sounds - soft at first, but growing with confidence. Each response was met with encouragement, reinforcing the idea that her voice mattered, however it came through. Gradually, the voice that had disappeared for so long started making a reappearance.

“ She has a voice now - we just have to listen, says Rebecca. ”

Her father noticed the change in his daughter immediately:

“ Candace is laughing all the time now. She's starting to speak again. It's wonderful to see. ”

For years, he had feared she might never be able to express herself vocally again. But now, he's witnessing moments he once thought were lost - hearing her voice, seeing her smile with confidence, watching her choose for herself.

Living with choice and confidence

For the first time in years, Candace is making herself heard. She chooses what she wants to eat. She decides where she wants to go. She goes on weekly shopping trips, picks her own groceries and makes decisions about her day.

Rebecca and her team see her as someone who deserves to have control of her life.

“ It’s not about making decisions for Candace, it’s about supporting her to make her own. ”

Now, when Candace speaks, people listen. Her world is no longer small. Her voice is no longer lost. And she knows, without question, that what she has to say truly matters.



SEEABILITY

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“ I never felt like I belonged as much as I do now. I guess you just know when you’re in the right place.

Tim, supported by SeeAbility

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Contact us

For further information please contact Development Manager, Tracy Cousins:

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