SEE ABILITY

Live. Love. Thrive. Belong.



Our specialist support

A life beyond restriction

At SeeAbility, we believe everyone deserves the opportunity to live, love, thrive and belong. For over 225 years, we have supported people with complex needs to build confidence, develop independence and live fulfilling lives.

We are particular specialists in supporting people with learning disabilities and autism, who may have lived in restrictive settings, to move into their own homes and live more independently. Our team offers in-house Positive Behaviour Support and takes a trauma-informed approach, so each person has a tailored support plan for their particular circumstances and needs.

> **The kindness, the gentleness, the compassion, the love that he met was something that he hadn't met before.**
>
> A parent of someone we support

> **I feel trust. I never knew I could feel like this about finding people who care about us as a family and certainly care about my son. I feel like my head is clear for the first time in years and I can go to sleep at night and I'm no longer worried.**
>
> A parent of someone we support

Our priority is building a strong relationship and understanding with the person, so we can reduce restrictive practices that might curtail their freedom and quality of life. Through this, people can start again – living the life they choose to live in a free, safe and caring environment.

This is all achieved through working closely with families, health professionals, local authorities and the person we're supporting, to form a plan that is unique and person-centred.



£1m
a year saved in reductions of support hours through Positive Behaviour Support



100%
of professionals surveyed said our support is good or very good



93%
of families are happy with our overall support



0

hospital readmissions for over 3 years

> **They don't make assumptions. They listen, they learn what works for him, and they build everything around that. It's just been the most successful move ever because the team listen to him all day long.**
>
> A parent of someone we support

> **There was a great deal of listening, and at a pace that was right for our son, and right for us. Any fears that we had were addressed by the careful transition.**
>
> A parent of someone we support



97%

of people we support said we were good at supporting them to be more independent



The right support. The right home. The right future.

We have a strong and consistent history of successfully supporting people to move from hospitals, Assessment and Treatment Units and other institutional settings into homes of their own, where they can live meaningful and fulfilling lives.

Working closely with health and social care professionals, families and advocates, we carefully plan each transition around the person's strengths, aspirations and support needs.

> **The team understood that my brother had the capacity to be happy and enjoy his life. The key was to provide the right environment for him to gain more agency over his day-to-day living. Giving him that agency means that he's a much happier person.**
>
> The brother of someone we support

Through proactive planning, specialist Positive Behaviour Support (PBS), personalised risk assessments and strong partnership working, we help people maintain stability and achieve the positive outcomes that everyone wants.

> **His trauma-informed support is all about the team knowing him really well and knowing how to reassure him. Whilst he's been with the SeeAbility team, he's had no restraints and they've shown nothing but understanding and patience with him.**
>
> A parent of someone we support

Following discharge, we provide enhanced support, regular reviews and ongoing Positive Behaviour Support input where needed, helping people build confidence, develop independence and maintain stability within their community.



A shared understanding through Positive Behaviour Support

We understand that behaviour is a form of communication. When someone shows behaviour that challenges, it often means they are expressing something that we need to respond to.

Positive Behaviour Support (PBS) is an approach that helps us understand why certain behaviours happen - helping us to find supportive, safe and proactive ways to support each person's needs.

Positive Behaviour Support helps our teams take a mindful, skilled approach to supporting each person, including:

- Understanding what a person is communicating
- Recognising when someone may be distressed
- Responding in ways that are calm, respectful and consistent

We work closely with each person, alongside their family and support team, to build a complete picture of their life, so we can see not just what is happening, but why it is happening. We then use this insight to co-produce an evidence-based Positive Behaviour Support Plan that is shaped around that person's strengths, goals and preferences, ensuring they feel better understood and more in control in their day-to-day life.

They bring together an understanding of what matters most to a person, setting out practical ways of supporting them day to day. This includes how we communicate, how we respond to different situations, and how their environment is set up to support their wellbeing.

PBS isn't all about prevention. It's also about supporting people to find new ways to express themselves and make their own choices about their lives. That might mean strengthening communication so people can be understood more easily, building their confidence to take an active role in their life, or developing greater independence in ways that feel right for them.



Ben's story – Moving in and moving on

Ben is a gentle soul: perceptive, kind and a pleasure to work with, say his support team. His team were created around Ben's personal needs, specifically recruited as they are deaf themselves and, like Ben, communicate using British Sign Language.

Ben was supported with a creative and personalised approach throughout the transition from a secure hospital, where he'd been living for over ten years, to his own home in Hampshire. This enabled Ben to grow in confidence and make more choices for himself about how he wants to enjoy each day.





Now Ben can explain his wants and needs in ways he never could before. Communicating with his support staff in the way he chooses has helped to develop a trusting and understanding relationship between them, and you can clearly see that Ben is relishing in his new freedom.

The team, including a Positive Behaviour Support consultant, took the time to understand what Ben likes even before he moved in. He watched video tours of his new house before the move, sent by his newly recruited support team, and was able to choose curtains and furniture himself. This meant that when he arrived, he had items he recognised, from his favourite soft furnishings in 1970s decor complete with brown flower designs, to the warm brightness of fairy lights all around his home.

After a period of adjustment where Ben felt safest in his own bedroom, with the patience and support of his team he learnt to use different parts of the house in the way he wanted to. Setting up simple habits like having a morning cup of tea while looking out into his garden, are things that Ben now takes great pleasure in.

The combination of an understanding team around him and living a normal life for the first time in over a decade, enabled Ben to thrive and search out new things to do. He loves meeting new people and seeing new places, especially trips out to cities where he can explore old buildings.

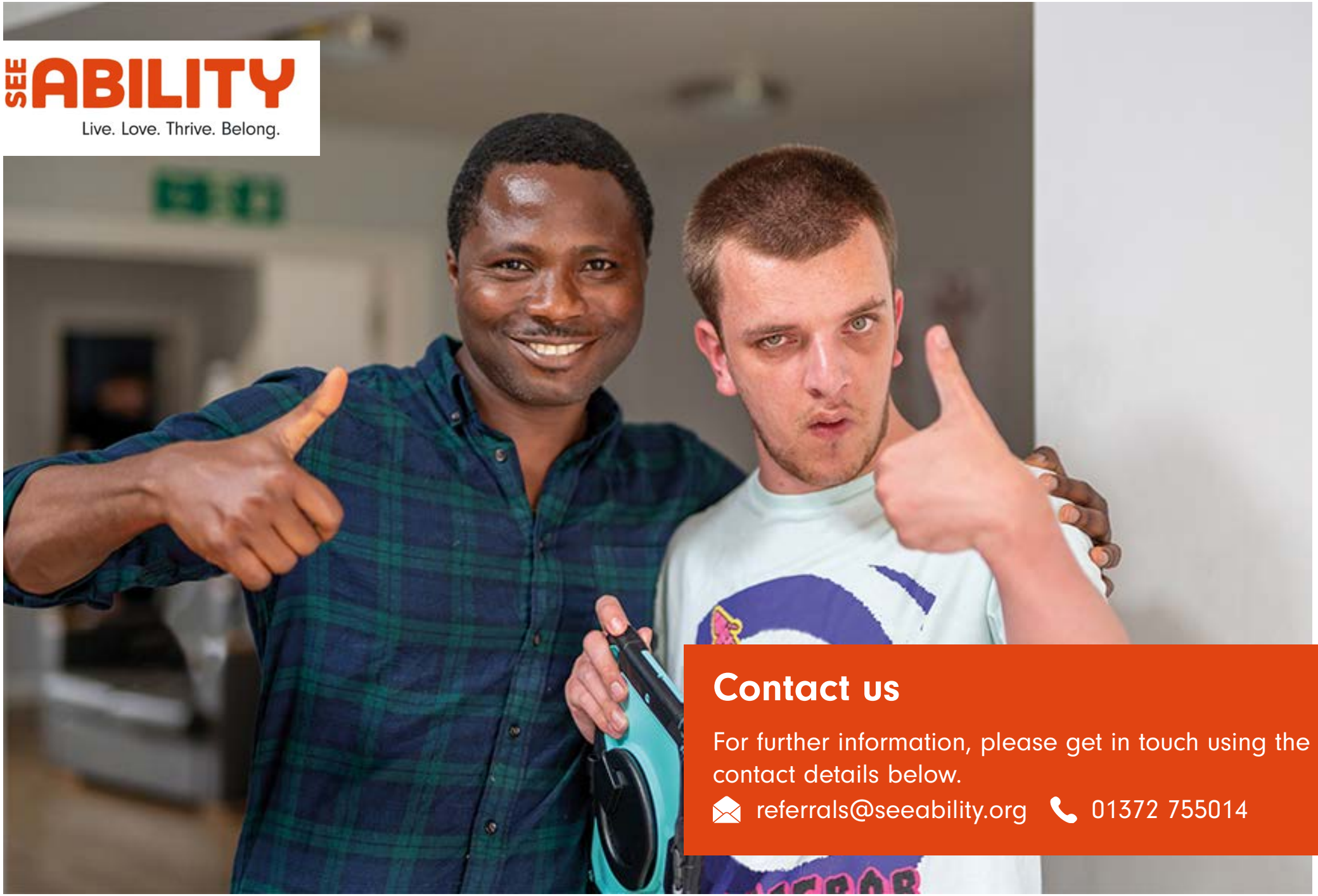
Since his move to his new home, Ben has been able to live a fuller, happier life of his choosing. He even has a new car, which he is hugely proud of. It's giving him the freedom to go out more, including to a local club where he enjoys playing pool – at which his support workers say they are yet to beat him.

Ben now lives the normal life he's been dreaming of for more than ten years. To get to this point the team put in a lot of hard work, but crucially took the time to listen and understand what Ben wanted and needed.



SEE ABILITY

Live. Love. Thrive. Belong.



Contact us

For further information, please get in touch using the contact details below.

referrals@seeability.org 01372 755014