



Bolton Cares - Life Opportunities A Guide for the People we Support

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What is Life Opportunities?

Life Opportunities is a service provided in a community centre, a hub or within the community. It used to be called Day Services.

Support staff can offer the type of support that suits you.



Your care will be designed just for you.

You will be fully involved in planning your care. We and your social care team will help you.



We will support you to have your own goals and to achieve them.

For example, you may want to go shopping weekly or start a college course.



What is Life Opportunities?

Here are some examples of the support we can give you:-



Support you to go out into your community and do the things you like to do.



Support you to get involved in new activities.



Support you to manage your medication.



Help you with personal care like washing or getting dressed.

How to Access the Service



The Social Care Team at Bolton Council will refer you to the services.



You might need to pay for support if you have enough income.

Bolton Council will work out what you need to pay.

If you need to pay, you will pay Bolton Council direct, not Bolton Cares.

What you can Expect from Us



You will be able to make choices and be involved in decisions made about your care and support.



You will be supported in a safe place by staff who are good at their job.



We will support you to make a complaint or compliment.



Equality and Diversity

You will not be treated differently because of your age, gender, ethnicity, religion, sexuality or disability.

Planning your Person-Centred Support



We will meet with you and your family to talk about how best to support you.

We will write this information in a plan and store it safely for you.

If anything changes, you can meet the support team and talk about how to change the plan.



A person-centred plan tells us how you want to live your life and be supported.

You can use it to tell us what your goals are in life.



We support positive risk management when planning your support.

This means that wherever possible, your choices and lifestyle will not be restricted.

If you can't help to make the plan, we follow the guidance in the Mental Capacity Act.



The plan will be a contract between us to deliver your support.

We will both sign it and keep a copy.

You can ask us to share the plan with other people.

Medication

Your health is important to you and to us.



If you can take your medication yourself, we will just help you to store and manage it.



If you need staff to help you take your medication, we will follow our strict Medicines Policy to do this safely.



We will make sure your GP reviews your medication regularly.

Managing Money



We encourage you to manage your own money.
Your family or carer can bring in money for your activities if you like.



Our staff can help you to manage money if you need support.



You should not need to carry around lots of money – we will let you know when you need money for activities.

Health and Safety



Your safety is very important to us.

We must make sure that you can access the places where you use our services safely.



These places must meet legal requirements.

We will make regular checks and record these.

If we need to change anything about your environment, we will let you know.