

Options

Support | Empower | Enable

Living life to the full!



Supporting people
with disabilities to live
their lives to the full

Hello, we're Options. We're a charity existing for one reason - to fulfill our mission to support, empower and enable people with disabilities to live their lives to the full.

Why? Because we believe all people should live a fulfilled and meaningful life. We put people before profits, we always have and always will. It's what makes us a bit different.

We have been supporting people with learning disabilities, autism and acquired brain injuries across Merseyside since 1993 through both Supported Living and Outreach support. We're a local organisation, so we're big enough to cope, and small enough to care.



It's all about you

We want to get to know you as an individual, and this will help us to provide the best support possible. We want to know what's important to you, what makes you tick, and what you want out of life. Together, we will develop a Person Centred Plan that will have all this information and will make sure your support is tailored to you. We listen carefully with big ears, eyes and a big heart.

Supported Living

Do you want to live in your own home with support? This type of support is for you. The majority of this kind of support is 24 hours a day (although this can be less depending on your situation). You will have a dedicated staff team including waking or sleep in staff at night-time. We can assist you to find a house and make it a home and support you in living the life you want for yourself.

Outreach

You may be looking for support in your community including your social life, finding a job, doing voluntary work, going on holiday or exploring your hobbies and interests. If so, Outreach support is the best type of support for you. We provide support which ranges from 3 to 50 hours per week, and it's really flexible around you.

Get in touch

If you're interested in support with Options, have any questions or thoughts, we'd love to hear from you. Give us a call on **0151 236 0855** and a member of our dedicated team will be here for a friendly chat. We always try to do everything we can to help. There's also other ways of saying hello, which you can find just below!



Pop in and see us!
1st Floor St. Nicholas House
Old Churchyard
Liverpool
L2 8TX



Follow us on Facebook!
Options for Supported Living



Say hi on Twitter
@Optionsempowers

0151 236 0855

Check out our website:
www.optionsforsupportedliving.org

Peter's Story

"I started enjoying opportunities that I had never had before like going to the shops, going to the pub and being able to go for a walk when I wanted." - Peter

Peter has been supported by Options since 1997 after living in a secure unit for 38 years. He has been supported to live his life to the full - the way he chooses.

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I was first supported by Options in 1997 and moved into my own home in Liverpool. I had been living in a secure hospital setting for 38 years of my life. Moving to my own home was really important to me as I had never had this opportunity before. I had problems with communication but my team was committed to me and this enabled me to get through the difficult times in my life.

I started enjoying opportunities that I had never had before like going to the shops, going to the pub and being able to go for a walk when I wanted. I started to become more confident and enjoyed having lots of new opportunities to meet new people. In recent years I was supported to fly for the first time.



This was a trip to Dublin and I enjoyed it so much I then went on holiday to Majorca. I also enjoy caravanning around the country with my staff. I like to go to watch the boxing at local clubs and to meet people I know.

I am actively involved in my local community and have my own allotment. I grow my own vegetables and meet lots of people there. I have had lots of support from other allotment holders in helping me and my staff learn what to do. I have lots of barbecues in the summer and have made some good friends. I enjoy giving my neighbours some of the vegetables that I have grown. I've made some great friends within my community who I meet up with every week and regularly invite them over to my house for tea. We also get together to do some sightseeing in different cities across the country. I feel more independent and have more choice in my life since Options started supporting me.





Phil's Story

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As Philip's parents we can never express our gratitude for the development Philip has made over the past few years. This is all due to his support at Options. Philip is a wonderful, humorous, friendly, caring individual and has complex needs. When Philip left full-time, residential education at the age of 21, we thought that he would be able to live at home, however, we quickly discovered this was not feasible. We endeavoured to put in place, through Liverpool City Council, some form of placement for him, both for his residential care and day-care. This period of his life was very disruptive, heart breaking and stressful for us as caring parents, but more so for Philip.

Eventually, through guidance from his social worker, Philip moved into his own house and became the householder liable for all his bills etc. His support whilst living at the house was being provided by Options, whilst his day care was provided by another provider.

During all these years we were amazed at how Philip settled into his life as a householder. Whilst it was not all plain sailing and Philip often displayed challenging behaviour, his support staff were guided by their Team Leader and they all worked hard as caring, dedicated professionals working together with Philip to support him to where he is today.



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- Dave and Lilian, Philip's parents

Philip is a totally different person now. He is so much more confident, able to make decisions by himself, make choices and manage his difficulties. He now deals with situations and change in a mature and reasoned way. Philip's staff have supported him to be the individual he is today and we have peace of mind at last knowing that all his needs are catered for.

When we call into Philip's house, which is on a regular basis, it has a happy, homely feel. Philip's social life is now the envy of friends and family as he is always going out for the day, on trips, holidays and to evening events. This has not been an easy path, but at last we are seeing Philip's potential being realised with still more to come. I started off by stating that we can never express our gratitude to Phil's team at Options enough, and as Christians, we both pray each day for our children, and for us a prayer has been answered.

