

Independent living, community and personal care support Information booklet



Equal People Mencap can support you to live where you choose and when you go out into the community.



You can choose:

- What sort of support you want
- How your support is provided



Equal People Mencap can provide you with the support worker you want.



We have dedicated, well-trained and flexible staff who are committed to supporting you to be in control of your life.



They are trained to provide high quality care for people with learning disabilities, autism and mental health conditions.



They can also provide support for children and families.

Support for you

Support at home

We can support you with:

- Living independently
- Looking after your home
- Planning your future
- Learning new skills
- Learning how to keep yourself safe and healthy



Support in your community



We can support you to:

- Get out and about
- Go to events and take part in things
- Take part in activities
- Become more confident
- Get a job
- Go to college
- Take part in sport



We can support you one to one:

- For one off sessions
- For regular sessions

Personal Care

We can support you with:



- Your medication



- Your personal care and hygiene



- Cleaning and laundry



- Doing more for yourself

Our rates



Our rates for support staff are:

- £17.50 per hour for regular support



- £18.00 per hour for people with complex needs



- £23.50 per hour for a support worker to be awake with you at night



- £131.1 for a support worker to be asleep in your home with you (10 hours)



Equal People Mencap can also support you to take part in activities and training groups you want.



Please see our 'Healthy Living Group' Booklet for information about zumba, yoga, cooking, gardening, photography, music, dance, relaxation and massage groups.



The groups cost between £5 and £15 per session.



You can put all your support and activities together in one agreement if you want.

Get in touch



For more information please call:

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