

Summary of Services

Who am I?

I offer a support service with a difference. I have worked in various care settings with vulnerable adults, am currently training as a Human Givens mental health practitioner and have a vast life experience of both chronic physical illness and mental illness. Now fully recovered, I can offer a unique, professional, yet empathetic and holistic approach to support work. I also offer a specialised canine assisted support service, with a fully trained assistance dog, who can help clients struggling with PTSD, anxiety, phobias, dissociation and depression.

What I can do for you

When offering solo support, I can assist with daily living tasks such as: shopping and cleaning, money management such as: applying for benefits and budget building, social inclusion such as: accessing places, planning and supporting clients with activities or advocacy services. I aim to work beside my clients, promoting and supporting their independence.

What is Canine Assisted Support?

As well as providing a standard support service, I also offer specialist Canine Assisted Support. I have one fully qualified assistance dog, Maui (an ex-racing greyhound), and another, Disney (lurcher), in training. Maui is assessed on a yearly basis, has regular health checks and is up to date on all vaccinations. This support service can support clients to take on physical exercise, and encourage them to visit new places, promote a feeling of responsibility and achievement, provide emotional relief through physical contact, help to calm down anxiety attacks, stop dissociation, help to attend appointments (with permission from service providers), help to go shopping (with permission from the store) and support travelling on public transport. Currently Maui can offer the following tasks:

- Maui can detect and ease anxiety. He will alert by nudging the client repeatedly until they start stroking him. Stroking an animal is proven to reduce blood pressure, slow heart rates and produce a calming effect. If they stop stroking him, and are still anxious, Maui will nudge again to bring the focus back onto him, until they have calmed down.
- Maui is trained to lead his handler out of a crowded area. If they become distressed or struggling in a crowded place, Maui will calmly lead them into a safe, quiet space
- Maui can perform pressure therapy. When his handler is distressed or dissociating, Maui will apply pressure to the body, which promotes a rise in serotonin levels, and can help ground the handler. This can be done when they are standing (by him leaning his body weight into them), when they are sitting (by pushing his head into their chest), or lying down (when required, Maui can lie on his handler, providing a deep, full body pressure).
- Maui uses his body to block other people from approaching his handler. This can make them feel safe and secure in crowded areas, or when they are agitated.

My Approach

I use a Human Givens approach to mental health wellbeing, which is a holistic and neuro-scientific focus on keeping mentally well. I focus on service users as an individual, providing a person-centered package, unique to each client. My assessment process is aimed at creating an image of the future the client wants, setting goals on how they can achieve it, and identifying where they may need additional support to do so. I am happy to work with other support agencies and care providers where appropriate. Using the foundations of the 9 innate emotional needs, I work on providing:

- **Security** - I am fully insured, trained and can offer safe space to work in. I offer full transparency and will share all notes with the client.
- **Attention** - because the support packages are unique and tailored to the client, I can give them the time and attention they need.
- **Sense of autonomy and control** - the action plan we put together is created and controlled by the client.
- **Feeling part of a wider community** - I can help them get involved with volunteering or employment programmes to engage them with others in the local community
- **Emotional intimacy** - My service is a non-judgemental and fully supportive, so that our service users know that no matter what they do, I am here for them.
- **Privacy** - I will only share information when this is agreed to by the client.
- **Sense of status within social groupings** - I work on improving familial and social connections by engaging the service user in social activities they may enjoy
- **Sense of competence and achievement** - I can help provide basic life skills such as cooking and budgeting so that service users can gain independence.
- **Meaning and purpose** - I try to engage our service users in a suitable volunteering or employment programme where required.

Costs

I am fully transparent with my fees. Assessment sessions are free of charge. Please note that any administrative tasks, such as: writing up notes, support letters etc will be agreed up front and charged in the hourly fees. Invoices can be sent weekly, fortnightly or monthly and must be paid within 10 working days of receipt.

- One to one Support - £12p/h
- Canine Assisted Support - £15p/h
- Mileage - 45p per mile