



Guiding principles for An Cuan Regional Support Service.

Quality of Life is a person's perception of their position in life in the context of the culture and value systems in which they live, and in relation to their life goals. In practice, quality of life indicates the opportunities for meaningful independence, occupations and relationships in a person's daily life.

Person Centred Planning (PCP) is a framework for discovering how a person wants to live their life and what is required to make this possible. The overall aim of PCP is good planning leading to positive changes in people's lives and services, ensuring the person remains central to the creation of any plan which will affect them. The PCP approach in An Cuan is based on national guidance and policies set out by HIQA and the HSE national framework. PCP aims to:

- Discover the true wishes of a person, taking in to account their strengths and vision for their future.
- Identify a circle of support to help the person to achieve their goals.
- Review plans and processes on an ongoing basis to ensure life-long and meaningful outcomes for the person.

Positive Behaviour Support (PBS) is an on-going process of systemic, educational, environmental, and therapeutic strategies which focus on Improving Quality of Life, reducing, and preventing the occurrence of behaviours that challenge by making changes in a person's environment and teaching new skills.

PBS relies on person-centred strategies that are respectful of a person's rights, dignity and overall well-being. PBS aims to:

- Be pro-active and preventative.
- Consider the person and their life as a whole, including physical health and emotional needs.
- Reduce the likelihood of behaviours that challenge by creating physical and social environments that are supportive and capable of meeting the person's needs.
- Teach the person new skills to replace behaviours that challenge and skills that enhance opportunities for meaningful independence, occupations and relationships in daily life.
- Involve multiple evidence-based approaches that come from a shared value base and are provided in a co-ordinated and person centred manner.

PCP and PBS working in partnership to improve Quality of Life. PCP can highlight a person's hopes and priorities and it keeps PBS planning and assessment focussed on the person. PBS can highlight a person's strengths, possible directions and aspirations, defines support needs and ensures 'goodness of fit' for PCP.

Introduction to An Cuan



All information on this leaflet is as accurate as possible at time of printing but may be subject to change at any time.

For additional information, please contact An Cuan.

What is An Cuan Regional Outreach Support Service?

An Cuan is a HSE registered regional outreach support service which supports adults with a mild to profound Intellectual Disability (also with/out a diagnosis on the Autism Spectrum) who are in receipt of services from voluntary/non-profit; for-profit and HSE registered services in Cork and Kerry.

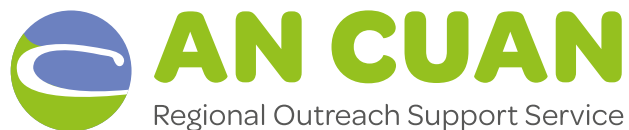
An Cuan is an inter-disciplinary service comprising Psychology, Social Work, Occupational Therapy, Speech and Language Therapy, Positive Behaviour Support, Nursing, and Social Care practitioners.

Working with the person and their supports.

An Cuan uses the principles of Person Centred Planning (PCP) and Positive Behaviour Support (PBS) to holistically work with the person and their circle/s of support across settings (home, service, and community) to develop individualised supports and promote the best possible Quality of Life (QoL) for the person.

An Cuan follows evidence-based best practice by starting with an assessment to identify areas of need. An Cuan, then provides training focused on these areas of need and works with the person and their circle or support to develop supports. This often includes work on environmental change, response planning, activities of daily living, independence, relationships and social skills, transition planning, self-advocacy and life planning, practical support skills for staff and families, and much more.

With these goals achieved, work typically comes to an end. A monitoring period tracks the effectiveness of supports and identify any novel needs. A re-referral can also be made to any time after monitoring finishes.



Some feedback on working with An Cuan

The process that we went through was so detailed and so important... team work and patience both crucial.

- Family

Love for them to call to my new house for cuppa. They helped me with my problems.

- Person

I feel I now have the tools to carry out my work to the best of my ability.

- Service

The training and information given was brilliant and the level of expertise was excellent. The friendly approach to staff and clients was very professional.

- Service

They are good for helping you to understand things.

- Person

There are people out there who listen and take on board your concerns which is great to know, I was at a dead end until An Cuan came on board.

- Service

The core values of An Cuan



Professional



Person Centred



Supportive



Creative



Collaborative

A note on what An Cuan doesn't do.

- Charge a direct fee for work completed.
- Provide residential or respite services.
- Provide open-ended or long-term supports.
- Provide emergency supports.
- Replace a person's service provider.
- Work as staff in a person's service setting.
- Work as staff in an after-work or home support programme.
- Work a set number of hours (max or min) and disengage when these are reached.

For more information or to make a referral to An Cuan, please contact us at:

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Address: An Cuan Regional Support Service, Horizons, Montenotte, Cork T23 PT93 (to Horizon's campus)