



## Supported Living and Domiciliary Care

Self Unlimited can provide you with any help and assistance you need to enable you to live in your own home or tenancy and to access facilities in your local and wider community.

We can help you to choose where you would like to live, and we can also help you with all the skills that you will need every day, such as cooking, cleaning and shopping. If you like to visit the theatre, cinema or to attend the local sport centre, we are able to assist you to do that, too.

You may also wish to use some of our day activities, too, such as drama, music or pottery. We also offer training in such areas as catering, gardening and computer skills. You may wish to work towards learning something really well and getting a job, and our staff teams can assist you with the whole process.

We listen to what you want and hold regular meetings to make sure that we give you the right level of support to enable you to take as much control over your life as possible. These meetings bring you together with our staff and the people that you care about the most, such as family and friends, together with the professionals from your local authority teams. If you find it hard to say how you feel, then we try lots of different ways to help you to explain.

Our Domiciliary service staff teams offer the same quality support, but across your own doorstep, so that you purchase as little or as much assistance as you need to live successfully in your own home.

Most importantly, we have many years' experience in helping people with learning disabilities achieve the very best from their lives. And we can be there for you with a friendly face when you need us, so that you feel safe and confident.

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