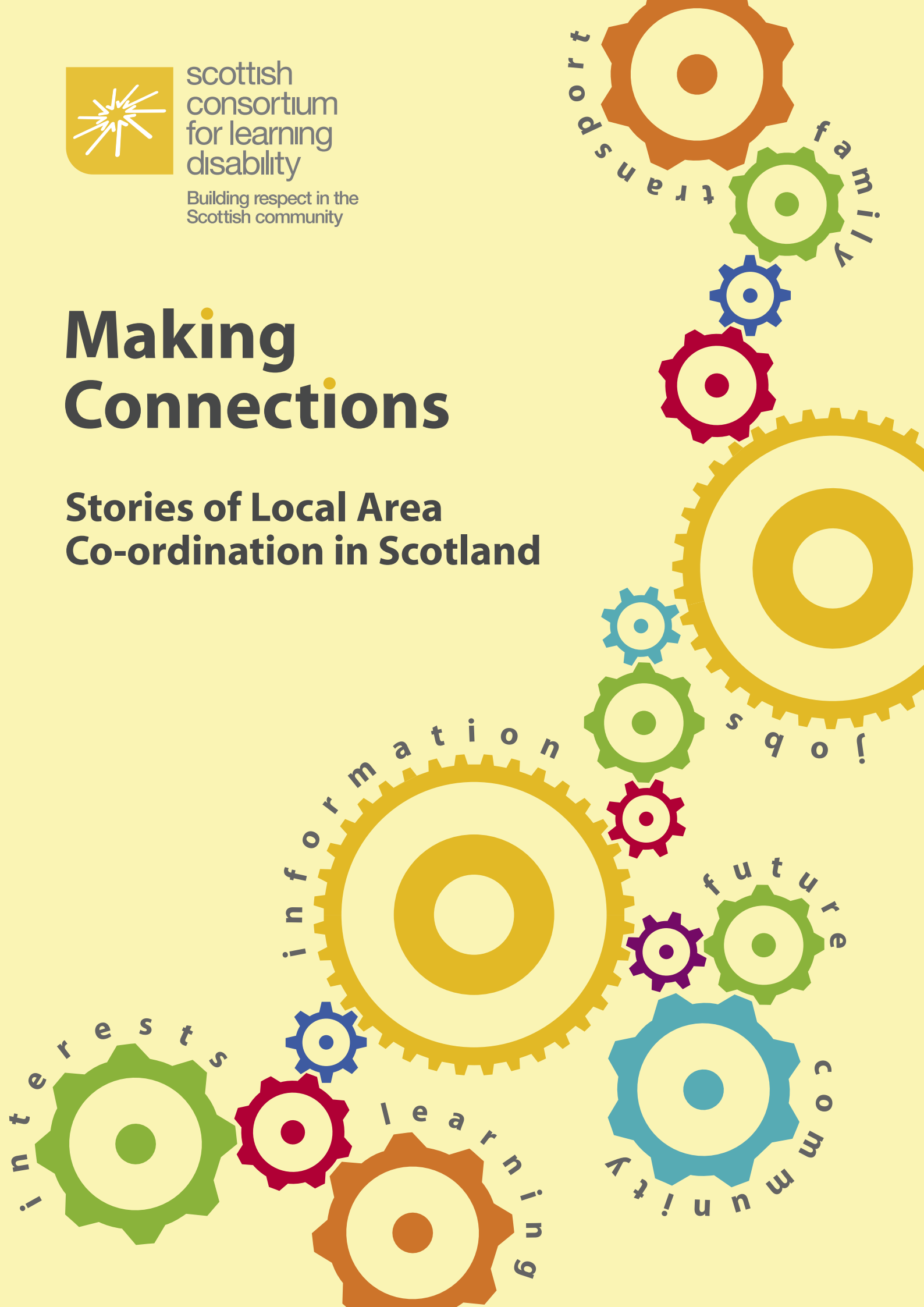
scottish consortium for learning disability

Building respect in the Scottish community

Making Connections

Stories of Local Area Co-ordination in Scotland



Introduction

Welcome to 'Making Connections' – a booklet of stories about Local Area Co-ordination in Scotland.

This booklet explains the Local Area Co-ordination approach through stories provided by individuals and their families. These personal accounts show how good things happen when people have control of their own lives and futures and how Local Area Co-ordinators (LACs) can support people to make that happen.

At the back of the booklet you can find contact details for Local Area Co-ordinators who are currently employed by local authorities and voluntary organisations throughout Scotland.

The principles of Local Area Co - ordination have been included to help you to understand the values and approaches that Local Area Co-ordinators use in their day to day work.

Acknowledgements

We would like to take this opportunity to thank those who contributed forewords, the many Local Area Co-ordinators who supported families to submit their stories, the Scottish Consortium for Learning Disability (especially Ruth Murphy) and PDC Copyprint for their hard work and support. We would also like to thank SCLD and the Scottish Executive for funding the publication.

Most importantly we would like to thank all of the individuals and families who contributed their stories, without them this publication would not have been possible.

Members of the LAC Story Group June 2006

Forewords

Steven Robertson – People First (Scotland)

The Local Area Co-ordinator role is a more flexible approach which develops services around the person, instead of fitting the individual into existing services as has traditionally happened. It is a role that allows the professional to get to know the person and gives them the confidence to identify their own needs and do something about it. In this way Local Area Co-ordinators can also reach people who up until now have not been touched by services. This publication gives some of these people the opportunity to tell their own stories in their own words.

Jo Cochrane - Parent

When my son was born with a disability I spent the first few months / years of his life so paralysed with fear, so lost, confused and isolated that I was unable to love or enjoy him. I then discovered that my experience was not unusual and that families had been experiencing the same thing for over thirty years, and probably longer. When I heard Local Area Co-ordination described for the first time I knew that I was listening to the solution to this problem.

The stories in this book tell me that I was right. The stories explain that Local Area Co-ordination means that families do not have to be 'alone' anymore, that there can be someone who will provide the information, support and

advice in a way which will enable families to love and enjoy their child for who they are. Local Area Co-ordination means no more families regretting lost years.

Jo Cochrane, Steven Robertson and Lisa Curtice

Lisa Curtice - Director, Scottish Consortium for Learning Disability (SCLD)

In this book individuals recount their experiences of having a Local Area Co-ordinator in their life and the difference that this has made. The Local Area Co-ordinators explain how they have got alongside people and stayed to support them to bring about positive changes. Outcomes include parents who are able to enjoy their children, more independent and confident young people, access to new opportunities, practical changes and an increase in self belief. Anyone wanting to understand how personalised services can make a difference should read these accounts.

Local Area Co-ordination starts with what the child or individual needs and wants, includes families as allies and builds capacity in the community. Through SCLD's national action learning sets Local Area Co-ordinators have shown their commitment to sharing their learning and developing a practice that is firmly based in the principle of putting the person at the centre. The potential and energy of this approach is a trailblazer for 21st century services.

Jackie Baillie - MSP

When the Scottish Executive launched "The same as you?" we all rightly welcomed this as a real watershed in policy development. For the first time, people with learning disabilities, their families and carers had directly shaped policy and services across Scotland for the next decade. The focus is now firmly on implementation as we want to see people's experiences transformed in every community in Scotland.

This is where Local Area Co-ordination comes into its own. At its best Local Area Co-ordination is a real partnership between individuals, their families, communities as a whole, and service providers. Rather than having a maze of service providers to navigate your way through, the Local Area Co-ordinator is there for you; on your side and ensuring that you play a full role in your local area. They are involved in helping you with your specific needs and transforming people's experiences across Scotland. I believe that Local Area Co-ordination should be available to everyone because it's making a difference.

Stories

‘A cry for help’

- Supporting the Whole Family

Family’s story:

St Paul’s church, Glenrothes

We saw a leaflet in our church and phoned Sylvia, the Local Area Co-ordinator. We needed help; as a family we were struggling to cope. This was because of the aggressive behaviour from our son Michael who is autistic and needing support with educational issues. We had tried different things but felt that there wasn’t a lot of help out there. We felt isolated, let down and frustrated.

Michael and his dad

Sylvia met us a lot. She let us determine the time and place of the visits so we didn’t feel we were being made to fit in with a system. We got to know her and she got to know us. Sylvia supported all the family including Michael’s two sisters who help care for their brother Michael and for their mum (who has severe health problems), and dad (who runs his own business) and who needs reliable help to prepare for educational meetings.

Sylvia worked with us and supported us when we met with social workers and the assistant support officer from Direct Payments. She also provided information for us. She put us in touch with other people such as a private consultant for Asperger's Syndrome and also with the Fife Young Carers group to support Michael's sisters so that they didn't have to feel that they always had to be there to care for mum and Michael. She visited mum and daughter when they were in hospital and offered the family free alternative therapy vouchers to help relieve stress.

Sylvia supported Michael moving from primary to secondary school. What could have been a very traumatic time actually turned out to be fairly smooth with the result that Michael is enjoying High School and had an excellent first review.

Sylvia Thomson,
Local Area
Co-ordinator

Michael says: "Sylvia helped me a lot. She helped me not to be scared of going to the High School and all the people there. She helped me get on the school bus and to practise coming home on the bus. At home Sylvia helped me set targets for the next day. I like Sylvia and I trust her to help me."

‘Opening Doors’

– A family finds a way to get support for new activities

Parent’s story:

I heard about the Same As You Local Link project in Aberdeen through our social worker. I had realised I needed help and someone to speak to.

I met with Nicola, the Local Area Co-ordinator, and she was able to give me lots of advice and information that would help my son, Jordan, and us all as a family. Nicola came to my home and met my family. She spent time with my son getting to know him and giving him time to trust her.

Through Nicola I was able to access things for my son, like after school clubs, before these doors had always been shut to me. My son accessed a holiday activity scheme and got a 1:1 worker so he can go out and do something fun without needing me to be there.

Artwork from Jordan

"I feel as if a weight has been lifted off my shoulders. Nicola has been a great help to me and my family, without her help I would be lost. We as a family are extremely grateful that we can place our trust and feel trusted with Nicola."

Local Area Co-ordinator's story:

This family are a close knit group that are very supportive of their youngest son, they were open and willing to work with me. The family are now more able to accept the support that they are entitled to. They have someone to call and see for advice and information and to talk things through.

The parents are able to go shopping on a Saturday now while their son is able to make friends in a safe environment and access different activities and is allowed to have more independence.

"I smiled again"

- Helping to deal with education issues

Mum's story:

I was given the Local Area Co-ordinator's number from a parenting group as I needed support with my son at school and at home. Everything needed to change.

I felt like the Local Area Co-ordinator rescued me! She listened and saw my son for who he is and not a naughty child as others saw him. I'd cry at school meetings and felt stupid. My Local Area Co-ordinator made me feel that I was important and what I had to say could make a difference. I smiled again. My Local Area Co-ordinator gave me the confidence to be proud of my son and not to excuse him for being himself.

Son and Mum

I always knew my son was different and he was diagnosed with Asperger's Syndrome at the age of 9. I thought a diagnosis would make things better, but it got worse. I felt that the school were thinking "that's it, he isn't going to get better." My Local Area Co-ordinator helped me and went with me to his new school. I feel relieved as he is doing well and is more confident. I think everyone should have their own Local Area Co-ordinator. We have a lot to thank her for.

Local Area Co-ordinator's Story:

Although this little boy was unhappy, I was struck by his sense of fun. He wanted freedom but was constantly supervised in school. Mum was the only one who seemed to understand him and invested so much energy into educating others about Asperger's and her son's needs.

I sat back and listened for some time. I wanted to find out what needed to change in Mum's eyes. We planned what she would say at each meeting to build her confidence. I kept reminding her that she was the expert on her son. I found out his likes, interests and thoughts. Things did get better for a while, but his label as a troublesome child stuck, hence the change of school.

I supported the family to compile an Essential Lifestyle Plan to take to his new school and on school transport, whilst the Educational Psychologist helped him through the use of social stories. The change to a new school took place at his pace and he is much happier now. There is less stress at home and his Mum has managed to get some of her life back.

‘Our House’

- A family finds ways of getting around the obstacles

Family’s story:

I immensely enjoyed taking part in an open day publicising Local Area Co-ordination. I followed this up by attending

a training course with Eddie Bartnik (the brains behind Local Area Co-ordination). I was unaware that one day a Local Area Co-ordinator would help my own family.

All of my children have a degree of autism and we wanted the Housing Association to fund an extension. I knew from the other professionals that the Housing Association would respond by suggesting we move. However, we love our house. We have spent a lot of time, effort and money adapting it to suit our needs. Moving was not a solution.

Our Occupational Therapist sent an assessment to the Housing Association, however it had never been acknowledged. The Local Area Co-ordinator put me in touch with an organisation that did feasibility studies. A study was completed with plans and there was a written report highlighting proposed alterations. The Local Area Co-ordinator dealt with all the contacts to arrange this study. I could not understand why nobody had told me about this organisation before.

When our Local Area Co-ordinator became involved I knew at last, I was not alone. "I am more convinced than ever that Local Area Co-ordination is the way forward to supporting families who struggle with the obstacles that everyday life throws at them."

'Life after school'

- A success story in moving on after school

Mum's story:

I contacted the Local Area Co-ordination Team through Careers Scotland. Stuart got in touch and arranged to meet with my son Dean and I. Dean left school in May 2005 but had no idea what he wanted to do. Dean thought he wanted to go to college but wasn't sure which course he wanted to do. Dean had never been on a bus or out of Bonnyrigg by himself.

Stuart helped Dean to get a bus pass and accompanied him on many bus trips to and from college each week. I feel that Dean has come out of his shell with Stuart. He finds him easy to get along with, which sometimes isn't easy for Dean. I would not have been able to do the things that needed to be done for

Dean without the help of Stuart and the team of Local Area Co-ordinators. They have helped my family in a big way and I just want to say thank you.

Stuart/Local Area Co-ordinator's Story:

Dean is a typical 16 year old lad. He loves football and playing down the park with his mates. When I met Dean we talked about how to build his confidence. We set by days to practice the bus route. Dean was involved in finding out the bus times and numbers and in planning the route. Dean, his mum and I visited the college together where we met his tutors.

I think that Dean feels comfortable in my company as he talks freely about what he has done in the past week. I've noticed that Dean has become more vocal over the last few months. He has increased in confidence and can now manage the bus journey by himself. Dean's mum is more confident too and has realised that he can go out and about on his own. Everything has just fitted into place. I hope that he goes on to gain his qualifications and apply for a job.

‘I’m glad we met’

- A fight for inclusion at secondary school

Family’s story:

Laura

I feel as if my Local Area Co-ordinator Fiona has been around for an age. I can’t actually remember how we met, but I’m glad we did. We have lived on the island for 10 years and most of that time has been spent fighting for an education for my daughter Laura who has Down’s Syndrome. I firmly believe that education is about more than a curriculum and academic achievements and that schools need to be able to respond more flexibly to the abilities and needs of each child.

Laura started secondary school in a class with her peers but as time progressed she was included less and less. Her sister Casey has had to cope with racist remarks and comments about Laura, which the headteacher doesn’t recognise as bullying. Since Laura’s Individualised Educational Programme started, I have attended many meetings and have made my views very clear. I even found Laura work experience myself and contacted the Educational Psychologist for Casey so that she would have help to deal with her anger.

Fiona supports me in my fight for inclusion. She is a mine of information and puts things across in a calm and thought out manner. She is supporting me to find a way of Laura attending college independently on the mainland. Fiona sees Casey most weeks for "attitude training" - as Casey calls it. Teachers have commented on her progress and ability to handle problems better in school.

Fiona makes me feel that after years of fighting the system alone, I have an ally, someone whom I can count on. She even makes me aware of where I am going wrong. I know that I have found a true friend in Fiona.

Fiona/Local Area Co-ordinator's story:

Mum runs a lively household whilst her husband works. Casey and her friends have music practices in the garage. Laura likes music and soaps, goes to the local youth club and attends school and community functions. Friends are always dropping by. Laura is confident, has a good social life and follows the latest fashion trends.

Laura

I introduced the idea of person centred planning to the family and helped Laura to write the invitations, to choose the venue and to prepare for her meeting. She has dreams of being a pop star, living in a big house and owning a sports car. We are working together towards her training prospects and continue to help her to achieve her dreams and goals for the future.

‘Getting help’

- Being in control with day-to-day tasks

David’s story:

I went along to a PIP (Partnership in Practice) event for people who use services and I was introduced to Sharon, the Local Area Co-ordinator.

Sharon took my phone number and said she would give me a call and meet for a cuppa. I met with Sharon a few times to chat about what I wanted and to get to know each other better. It helped me by chatting over a cuppa because I told Sharon things that I wouldn’t tell anyone else.

I wanted help with getting a bus pass, my benefits checked and most importantly, help finding a new council flat. We sat down and decided what order I wanted to do things in and where we had to go to do it.

Although Sharon came along with me to get forms, etc. I did all the asking. Sharon would help me read the forms but I would fill them in and in my own words. If I needed help, Sharon was there to take over e.g. if I wasn’t sure how to spell certain words. She would write them down for me to copy or if I struggled asking for something, she would remind me and I’d ask again.

I was a little hesitant at first because I didn't know Sharon, but now it's great and I feel a big difference. I like that we do things together and that Sharon always asks what I think and what I want.

Sharon/Local Area Co-ordinator's story:

David lives with minimal help in his own place. He is an extremely friendly, sociable and generous man. David attends groups in his local community centre, excelling at pool and snooker. I gave myself lots of time to get to know David, to listen to his story and build up trust.

We agreed on some goals for David. These included applying for Disability Living Allowance monies, getting a bus pass, applying for a council house, getting Housing Support and meeting new people. Together we achieved all these goals including consultations with Renfrewshire Council, Advice Works and Passenger Transport.

David now plays snooker with a couple of friends every month at a local snooker hall. David, with support, has also sorted out some of his debts. Through my involvement David now feels confident enough to phone Housing Support. David also feels that he is in control of his own finances and takes personal responsibility for paying his bills.

"Without her help, I would still be struggling"

- A story about direct payments

Mum's story:

My disability nurse introduced me to my Local Area-Co-ordinator.

Donald and his mum

I found it difficult coping with personal care as I have arthritis, so I contacted my Local Area Co-ordinator and we discussed some solutions to the difficulties I was having.

I asked my Local Area Co-ordinator to explain about direct payments. I advertised in our local paper for a personal assistant, interviewed the applicants and chose who I wanted.

My Local Area Co-ordinator was very helpful and supportive. Without her help, I would not have been able to have help with my son, Donald.

She helped me in every aspect, from applying for a direct payment to finding a lovely home care assistant for Donald.

I felt very relieved. I now have someone to help with personal care and to involve Donald in some activities. I am so grateful for the help I got from my Local Area Co-ordinator. Without her help, I would still be struggling with no help for Donald.

Craig's story

- Steps towards independence

Parent's story:

Someone from LEAD Scotland contacted the Local Area Coordinator on our behalf. Our family was in crisis and we needed someone to help us and to help us in talking to the Social Work department. All aspects of Craig's life needed to change, his living arrangements, his work life and he even needed encouragement to return to education after a bad experience at college.

Craig at the farm

Caroline, the Local Area Co-ordinator, encouraged our new social worker to have regular contact with us. Caroline also got to know Craig and picked up on his interests, she got him some voluntary work on a farm really quickly and then in the local shop near where he lives. This had a really positive impact. Craig recently completed a flower arrangement course which he thoroughly enjoyed. Caroline also supported Craig into independent living, something everyone else had said would never happen.

Local Area Co-ordinator's story:

Caroline Johnston,
Local Area
Co-ordinator

Craig, as well as having a learning difficulty, has hearing and visual impairments. Craig got on very well with me when he realised I was listening to what he said he wanted and we began the process of putting things together and looking at possible options.

I worked very closely with Social Work and his family, which resulted in Craig's own place to live. His family have benefited tremendously and are very happy for him and remain supportive of him. They also are relieved and feel he now can achieve things that looked impossible before. Craig is now more confident and outgoing, he is enjoying his independence and has a positive outlook for his future.

Craig says that after meeting Caroline:

- ✓ "I started to trust again!
- ✓ I started to believe in myself.
- ✓ I started to think 'hey maybe I could be independent and do more for myself'.
- ✓ I actually stopped being angry and started to listen to what was being said and offered to me.
- ✓ I took my first steps to enjoying life.
- ✓ I started to make my own decisions.
- ✓ I could not thank this person enough."

‘Now I know what I have to do’

- A mother tells us how it is

Mum’s story:

With my agreement the school asked the Local Area Co-ordinator to phone me. I decided I liked her and wanted her to work for me. I was having difficulties at home with my 3 daughters and with some neighbours.

My daughter who is 14 was having problems at school, so my Local Area Co-ordinator talked to her teachers and managed to get her timetable changed and also involved the Education Support Service. She linked us in with the Primary Mental Health Team who gave her a nurse who has been supporting her.

My Local Area Co-ordinator also helped me with the housing people to sort out neighbourhood problems through mediation. I still feel depressed and have problems, but she listens to me when I want to talk and has helped me to limit what I spend. I feel that I know what I have to do now and when I’m not sure I can always phone her. She doesn’t tell me what to do. She helps me to work it out for myself and has introduced me to people who can help. Some of my problems are getting better and I hope the neighbourhood mediation will help.

Local Area Co-ordinator's Story:

Mum is an incredible lady and despite her problems always has a smile on her face. She is a single parent and whilst she would like to do more for herself, she always puts her daughters aged 8, 12 and 14 first. As mum has learning difficulties she needs support from time to time. The 3 girls all have concerns of their own and don't socialise outside of school.

I spent a lot of time getting to know the family until they were relaxed enough in my company to talk openly. Mum was then able to identify the issues that were important to her and decided on the ones she wanted to address first. I helped her to contact a variety of education and health organisations who could help her. I feel there is a greater shared understanding of the family and more effective collaborative working.

With help, Mum is trying to provide a more structured routine for the girls and wants to introduce them to new leisure activities to develop their social skills and make new friends. We explored the use of charts, calendars and lists so that she can remember to follow things through. She is now aware that she isn't the first parent to have had problems with her teenage children! She knows who to contact now for support and is able to visit her sisters when things are going well rather than when she is upset or worried.

‘A dream comes true’

- Parent power

The Local Area Co-ordinator who was doing a presentation at the local learning centre was asked by some parents to help them access respite care. Subsequently the Local Area Co-ordinator organised monthly meetings which are now attended by fifteen parents.

“Oban Parents who’s Children have Autism” (OPCA)

With guidance from our Local Area Co-ordinator we also became a constituted group called “Oban Parents who’s Children have Autism” (OPCA), thus helping our eligibility for grant funding to develop autism friendly services in Oban.

We identified and made contact with different agencies including health, education, local councillors, voluntary bodies, MSP’s and MP’s. We designed a respite survey receiving 50 replies. These results helped to influence the development of respite services. We also developed a PowerPoint presentation to raise awareness of the needs of families.

In 2005 we obtained over £80,000 to commission the Scottish Society for Autism to develop new services with high staff ratios including an After School Care Service and a Saturday Club.

Other benefits included an increase in home support using Direct Payments and several children now receive respite care at the Scottish Society for Autism. The Local Area Co-ordinator introduced families to a care manager who assessed children for respite care.

As one parent stated, "We are delighted that we have come so far in developing local respite services. We realise that it has been worth all the ups and downs but, without the excellent commitment from our Local Area Co-ordinator, what is about to become a reality would have remained a dream!"

Story by Lorna Taylor and Mairi Ferguson.

‘Working together’

- Supporting Local Area Co-ordination in our area

My name is Robert Dobbie and I’m a member of People First in Glasgow. At the end of 2004, I went along to a meeting to hear about a new pilot Project that was starting in North East Glasgow. We watched a video on Local Area Co-ordinator (LAC) Projects in Scotland, where people talked about how their LAC had helped them.

North East Glasgow Local Area Co-ordination Reference Group

I thought it sounded like a good idea to start Local Area Co-ordination in my area and agreed to represent People First on the Reference group. On the group there were some parents, people who lived in the local supported accommodation and kids from the local school. A local Community Worker, Sarah, supported the group.

I wanted to make sure that the meetings included everyone, it was important that our venue was accessible, and that all paperwork came out in advance and was easy to read with big print. We also made group rules to make sure people respected and listened to each other.

We visited the Stirling LAC Project to find out how LAC can work and about possible problems that can come up. Then we organised an Information Day in a local Community Centre.

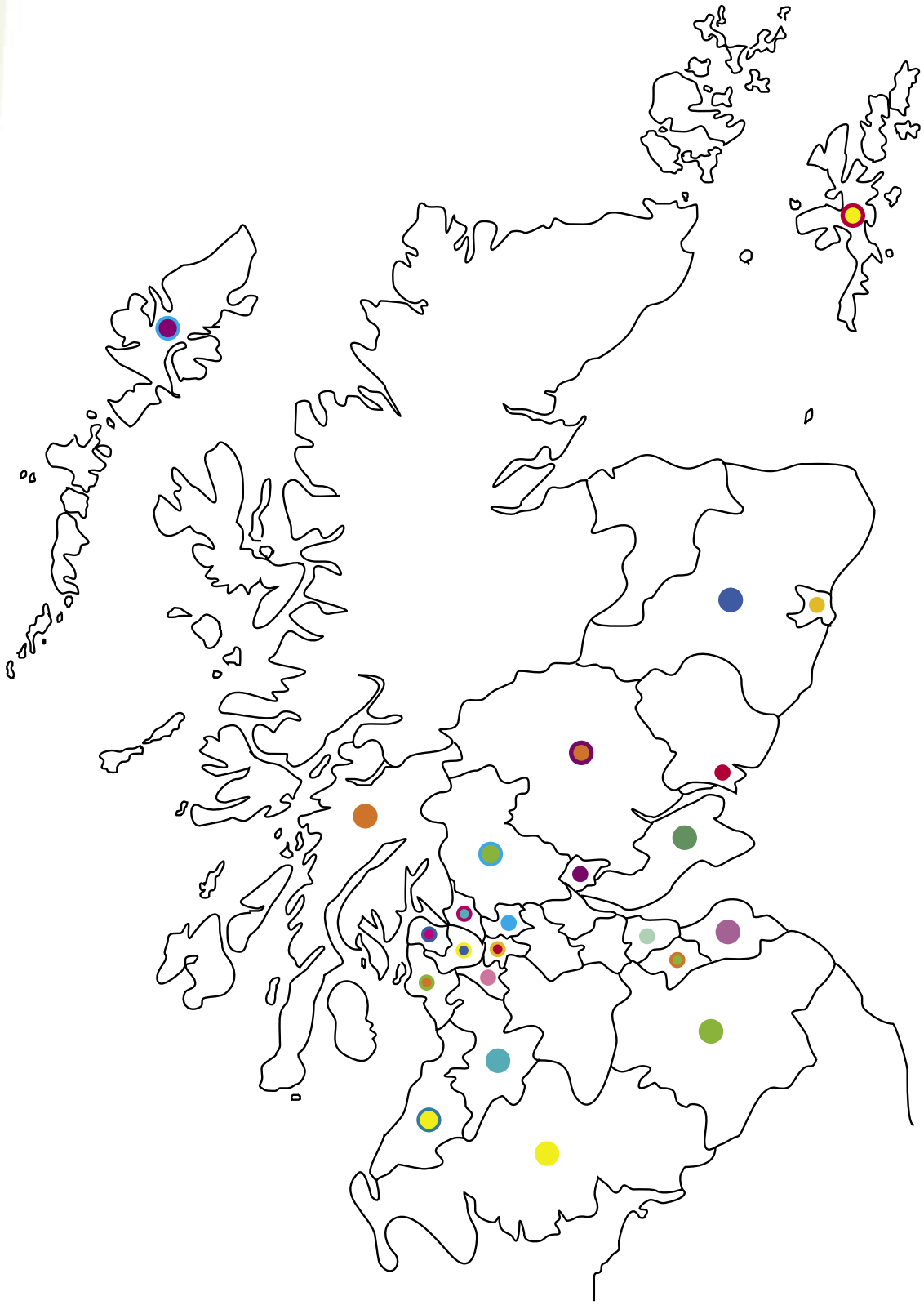
Lots of local Projects and organisations had stalls and people came to learn more about LAC.

We gave out questionnaires and found that lots of people felt there should be more to do in North East Glasgow. Joe Murphy and Ian Scott of People First also joined the Reference group. They helped to gather up information about local groups and activities that were already available and send out the information in a Newsletter.

We all feel that we have built a strong group network and that everyone has worked really hard. We feel that we could be advocates for our local LAC Project and that we could campaign and fight for the Project we want. We are now preparing our constitution so that we can be independent and support our Co-ordinator in the best way we can. Joe, Ian and myself all feel we are a real part of this group and that we can achieve a lot in our local community.

Robert Dobbie, Ian Scott and Joe Murphy

Contact Details



Local Area Co-ordinators

We have made every effort to make sure that the contact details were correct at the time of publishing.

Please note:
Not all areas in Scotland have a Local Area Co-ordinator. Some Local Area Co-ordinators only cover specific places in their local authority area. The numbers in brackets are the number of LACs in post in that area.

Aberdeen City (2)

Local Area Co-ordinator –
Same As you Local Link (SAYLL)
Tel. 01224 576 848

Aberdeenshire (3)

Local Area Co-ordinator - Central Aberdeenshire covering the Ellon/Inverurie corridor
Tel. 01358 720 033

Local Area Co-ordinator - covering Banff & Turriff
Tel. 01261 819 183

Local Area Co-ordinator - covering Fraserburgh
Tel. 01346 585 083

Argyll & Bute (4)

Local Area Co-ordinator - Mid Argyll and Tarbert
Tel. (mobile) 07917 228 022

Local Area Co-ordinator - Helensburgh and Lomond including Cardross, Luss, Arrochar and down the peninsula to Rhu, Rosneath, Garelochhead and Kilcreggan
Tel. 01436 676 776

Argyll & Bute

Local Area Co-ordinator - Dunoon, Cowal and Bute
Tel. 01369 706 696

Local Area Co-ordinator – Oban, Lorn and the Isles
Tel. (mobile) 07799 656 881

Borders (2)

Local Area Co-ordinator - Hawick, Selkirk, Jedburgh
Tel. 01450 370 948

Local Area Co-ordinator - Berwickshire
Tel. 01361 883 868

Clackmannanshire (1)

Local Area Co-ordinator - Whole of Clackmannanshire
Tel. 01259 452 485

Dumfries and Galloway (2)

Local Area Co-ordinator -
Tel. (mobile) 07734 073 439

Dundee City (3)

Local Area Co-ordinator - Hilltown and Stobswell
Tel. 01382 435 335 Tel. 01382 435 341
Tel. 01382 435 336

East Ayrshire (2)

Local Area Co-ordinator - East Ayrshire Council Cumnock & Doon Valley
Tel. 01290 424 631

East Dunbartonshire (2)

Local Area Co-ordinator -
Tel. (mobile) 07747 486 808

East Renfrewshire (4)

Local Area Co-ordinator – Whole of East Renfrewshire
ENABLE
Tel. 0141 620 0287

East Lothian

Local Area Co-ordinators to be appointed in 2006.
Contact Sandra Kerley at Capability Scotland for information
Tel. 0131 347 1076

Edinburgh (2)

Local Area Co-ordinator - South Central Edinburgh
Tel. 0131 527 5100

Local Area Co-ordinator – North West Edinburgh
Tel. 0131 314 5818

Fife (2)

Local Area Co-ordinator - North Glenrothes, Milton of Balgonie, Coaltown of Balgonie, Leslie, Star and Star of Markinch. Tel. 01592 414992

Local Area Co-ordinator - South Glenrothes, Thornton and Kinglassie. Tel. 01592 414282

Glasgow (2)

Local Area Co-ordinator - North East Glasgow covering Garthamlock, Easterhouse, Queenslie, Barlanark, Carntyne, Gartcraig, Garrowhill, Baillieston, Mount Vernon
Tel. 0141 276 2100

Local Area Co-ordinator – West Glasgow covering Drumchapel, Knightswood, Anniesland, Jordanhill, Partick, Yoker, Scotstoun, Whiteinch, Anderson, Cowcaddens, Hillhead, Hyndland, Garnethill, Trongate (subject to postcodes)
Tel. 0141 276 7200

Inverclyde (3)
Local Area Co-ordinator - Whole of Inverclyde from Wemyss Bay to Bridge of Weir taking in Greenock, Gourock, Port Glasgow, Inverkip and Kilmacolm
Tel. 01475 791 020

Midlothian (4)
Local Area Co-ordinator - Mayfield-Easthouses, Woodburn-Dalkeith, Bonnyrigg-Eskbank
Thistle Foundation
Tel. 0131 561 9657 Tel. 0131 454 1785

North Ayrshire (3)
Local Area Co-ordinator –
Tel. 01294 559 820

Perth & Kinross (1)
Local Area Co-ordinator – Highland Perthshire covering Dunkeld, Pitlochry, Aberfeldy, Blair Atholl. Tel. 01350 727669

Renfrewshire (1)
Local Area Co-ordinator - Whole of Renfrewshire
Tel. 01505 337 585 or (mobile) 0779 560 2304

Shetland (1)
Local Area Co-ordinator – Mainland Shetland and the 7 outlying islands. Tel. 01595 744 411

South Ayrshire (1)
Local Area Co-ordinator – KA26 area: Girvan, Ballantrae, Barrhill, Colmonell. Tel. 01465 716 619

Stirling (3)
Local Area Co-ordinator - Whole of Stirling Council Area
Tel. 01786 443 222

West Dunbartonshire (3)

Local Area Co-ordinator - Clydebank & Dumbarton
Tel. 0141 562 2324

Local Area Co-ordinator - Alexandria and Renton
Tel. 01389 606 016

West Lothian (2)

Local Area Co-ordinator - Whole of West Lothian
Tel. 01506 777 751
Tel. 01506 777 750

Western Isles (2)

Local Area Co-ordinator -
Lewis & Harris Tel. 01851 709 816
Uists & Barra Tel. 01851 770 508

You can also find up-to-date LAC contact details on the Local Area Co-ordination website. You can find the link to it on the SCLD website: www.scld.org.uk

The ten principles of Local Area Co-ordination

1. As citizens, people with disabilities have the same rights and responsibilities as all other people to participate in and contribute to the life of the community.

2. People with disabilities, often with the support of their families, are in the best position to determine their own needs and goals, and to plan for the future, whether as self-advocates or supported by advocacy.

3. Families, friends and personal networks, which may include support workers, are the foundations of a rich and valued life in the community.

4. Supports should be planned in partnership with individuals and others important to them, including their family.

5. Access to timely, accurate and accessible information enables people to make appropriate decisions and to gain more control over their lives.

6. Communities are enriched by the inclusion and participation of people with disabilities, and these communities are the most important way of providing friendship, support and a meaningful life to people with disabilities and their families and carers. Inclusion requires changes in many areas of community life and mainstream public services including transport, leisure and employment.

7. The lives of people with disabilities and their families are enhanced when they can determine their preferred supports and services and control the required resources, to the extent that they desire. Individuals should be at the centre of decision-making about their lives.

8. Local area co-ordination enhances support systems. All services and supports, whoever delivers them, should aim to achieve a good life for people with disabilities, should recognise and support the role of families, carers and their supporters and should be able to demonstrate that the service they give to an individual is available, consistent and of high quality. Local area co-ordinators are an integral and strategic part of the network of publicly funded services that demonstrate society's commitment and responsibility to support all people to fulfil their potential in the community.

9. Partnerships between individuals, families and carers, communities, governments, service providers and the business sector are vital in meeting the needs of people with disabilities. Investment in building the capacity and resources of communities is essential to enable inclusion.

10. People with disabilities are citizens and have a life-long capacity for learning, development and contribution. They have the right to expect that services and supports should respond to their changing needs and aspirations and they should have the opportunity to contribute to society through employment, public service and by other valued means.

With thanks to Change Picture Bank and Photosymbols for images used

The Local Area Co-ordination approach shows that good things happen when people have control of their own lives and futures

'Someone On Your Side' is a DVD about how Local Area Co-ordination is a person-centred way of working alongside children, adults and families. Local Area Co-ordinators help people to make choices and develop their community connections. They support people's strengths and help develop capacity in the community.

The DVD is available from SCLD and costs £15.

© SCLD 2006

You can get this booklet on tape or CD. This booklet can be made available in alternative formats. If you would like more copies of the booklet or an audio version, please get in touch with:

Scottish Consortium for Learning Disability
Adelphi Centre, Room16, 12 Commercial Road, Glasgow, G5 0PQ
Tel: 0141 418 5420 Email: administrator@scld.co.uk Website: www.scld.org.uk