









My L.I.F.E

Learning Independence For Ever

Independence Training

My L.I.F.E is a unique, national award winning, structured learning programme which gives people the skills to move from high support towards independent living.

It has:

-  600+ hours of life skills training
-  Frequent one to one sessions with a qualified tutor
-  Group discussions
-  Written activities and quizzes
-  Practising skills
-  Regular assessment
-  Community engagement
-  On-going support



21 Modules covering a wide range of life skills

Introduction

Step 1: Ready

-  Lifelong Learning
-  Managing Change
-  Time Management
-  Stress Management
-  Citizenship
-  Building Confidence

Step 2: Steady

-  Personal Hygiene
-  Healthy Eating
-  Keeping Fit and Active
-  Communication
-  Relationships
-  Assertiveness
-  Equality and Diversity
-  Dealing with Conflict
-  Money Management

Step 3: Go

-  Health and Safety
-  Job Search
-  Travel
-  Housing
-  Transition Flat

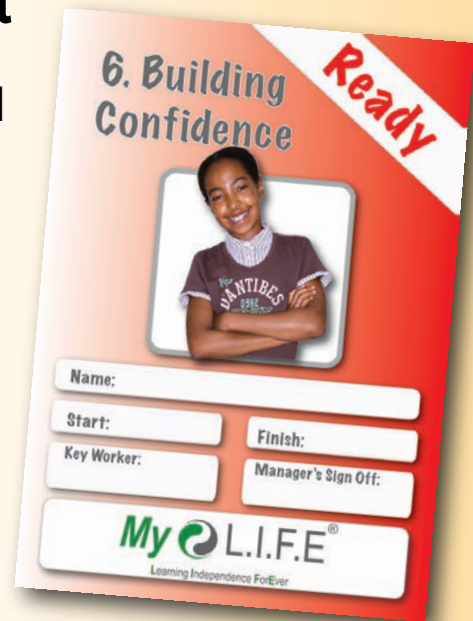


Motivation and Encouragement

My L.I.F.E. is built around the motivation and encouragement of people who have been assessed as suitable for independence training.

The training focuses on developing the confidence and life skills required for independent living.

After the training course is completed, learners can continue to get support from outreach workers and meet up with other students for discussions and mutual support.



Catherine's Story

Catherine (37) moved into her new flat in September 2010 having been at Sunnyside House since 2009 and was provided one-to-one My L.I.F.E. training throughout her time at the care home.

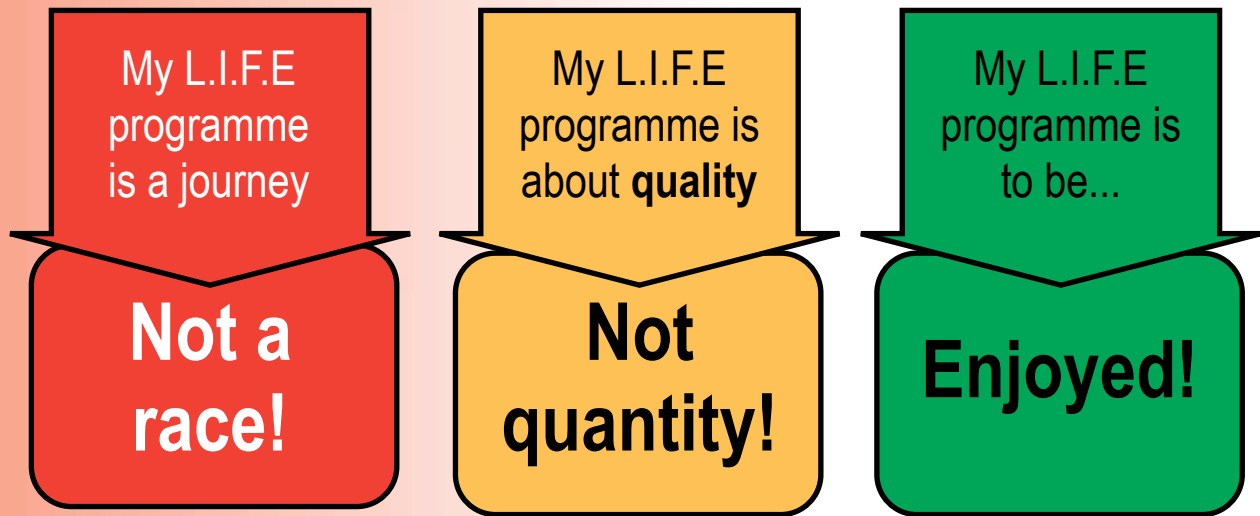
Catherine said "I wanted to learn how to look after myself in my own flat. I know how to budget now and I can cook for myself and pay my own bills.

I also got a job in a charity shop when I lived at Sunnyside."

Catherine visits Sunnyside on a regular basis to see the friends that she made.



Hallmarks of Success



Qualified Tutors

We are in the process of getting a National Skills Academy (“NSA”) accreditation programme for our training and support policies, thus ensuring the highest external validation for the My L.I.F.E. programme and those that undertake it.

Tutors will complete a 5 day My L.I.F.E. specific train the tutor programme before delivering My L.I.F.E. to learners. Assessors will also complete an additional 2 day assessor programme.



Remarkable Results

My L.I.F.E has been developed, optimized and piloted by a group of My L.I.F.E. trainers co-ordinated by **Andrew Azzopardi**, Managing Director of **Sunnyside House**, Aveley, Essex.

The programme has been recognised as having remarkable results. So far 3 people who had been assessed as needing 24/7 care support are now living independently.



Structured life skills training at home

Many people have learned life skills at college but find it difficult to transfer those skills to a real domestic situation. Often care agencies help people to learn skills but in an unstructured ad-hoc way.

Only My L.I.F.E. offers a structured life skills learning programme that people can follow, enabling them to use their skills within their own home.



Gavin's Story

Gavin (25) has lived at Sunnyside for just over 4 years. After focusing on his budgeting, travel training and communication at Sunnyside he landed a fantastic opportunity with a placement job at Thurrock Council.

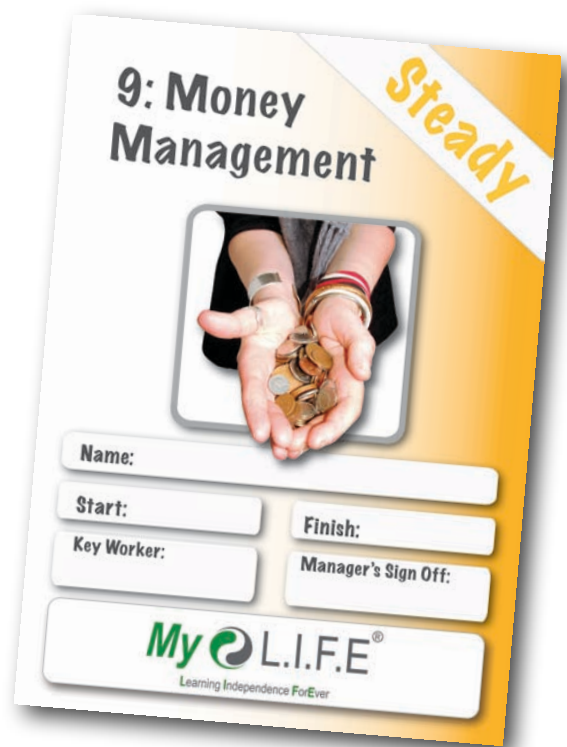
He is currently taking the final step of his independence training in our transition flat before expecting to move into the community in 2013.



Significant Cost Savings

Today virtually all commissioning authorities are seeking cost effective alternatives to high cost care for people, including 24/7 residential.

For those assessed as suitable, My L.I.F.E. offers real potential for significant cost savings, not only for the short term but also over the longer term where lifetime care costs can be dramatically reduced through structured outreach delivery and community support.



Monitoring the investment

Because My L.I.F.E. is a structured learning programme it uniquely gives a commissioner the ability to measure progress towards independence for individual learners, tutors, services and care agencies.

Thus a commissioner can monitor their investments and use the data to commission better services in the future.



Winner of winners

The My L.I.F.E. training programme has been recognised as England's leading innovation at the **Skills for Care** National Accolades Awards in March 2012 when it won:



The most effective new approach to service delivery, and



The winner of winners nationally



Kelly's Story

Kelly moved into Sunnyside House in June 2009 with a 24/7 care package and started the My L.I.F.E. programme.

Her confidence increased significantly whilst she developed her independent living skills.

Kelly moved into the My L.I.F.E. transition flat in May 2011 and eventually moved into her own flat later in the year. She is sustaining her independence through regular outreach support at significantly reduced cost to the local authority.



See My L.I.F.E. in action

Come and visit us at Sunnyside House, Aveley, Essex. You will be able to:-

- ☯ See the My L.I.F.E. modules and educational materials
- ☯ Observe tutorials in action
- ☯ Look around the independence training flats
- ☯ Find out what developments are in the pipeline such as My L.I.F.E Online launching in 2014
- ☯ Chat to the learners and tutors



Contact us:

Phone: 01708 861 742

Email: info@mylifelearning.co.uk

Web: www.mylifelearning.co.uk
www.sunnysidehouse.co.uk

Visit: Sunnyside House, 130 High St Aveley, South Ockendon,
Essex RM15 4BX