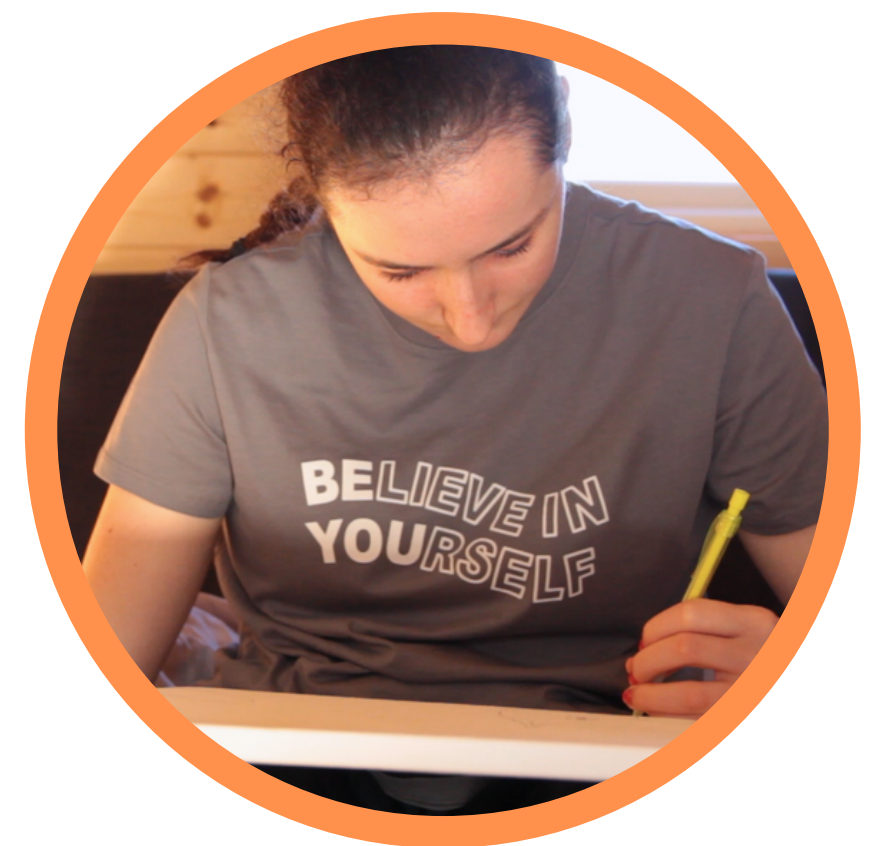


BESPOKE ADULT DAY OPPORTUNITIES

For autistic and neurodivergent adults (18+)



INDEPENDENCE

WELLBEING

EMPOWERMENT

STRENGTH

CHOICE

RESILIENCE

About the service

The Care Act

Our specialist day opportunities for autistic and neurodivergent adults are directly aligned with the principles and approaches set out within the Care Act 2014.

Our day opportunities:

- Focus on an individual's strengths, skills, and capabilities.
- Support individuals to identify and take steps towards their personal goals and ambitions.
- Provide holistic support within a range of contexts and skills.
- Support individuals to build confidence, independence, and life skills.
- Promote wellbeing and resilience.
- Support individuals to make choices, take control and feel empowered.
- Promote social inclusion.

Who is this service for?

This service is for autistic and neurodivergent adults (18+).

Daisy Chain specialises in strategies and approaches that are compatible with:

- Autism
- ADHD
- FASD
- Sensory processing differences
- Anxiety
- Social and communication differences

Formal diagnosis is not essential.



What is included?

Based at our 5.5-acre farm, with regular community excursions, adults will have access to a wide range of enrichment activities covering a variety of skills and topics.

Planning is bespoke, to meet individual needs, and includes:

- **Independent living skills within every session, such as:**

Planning and cooking simple, healthy meals

Diet and nutrition

Food shopping

Travel training

Budgeting

Housework skills and routines

Self-care, personal hygiene, and health

Supported volunteering opportunities at our superstore

Skills for keeping safe

Dining out/accessing community venues

- **Fun vocational and leisure activities to promote lifelong learning skills and positive use of time, such as:**

Horticulture

Crafts and textiles

Cooking and baking

Walking

Picnics

Beach trips

Bowling



- **Regular personal development activities to promote positive health and wellbeing, such as:**

Opportunities to connect with others, develop friendships and engage in facilitated peer support.

Movement for wellbeing activities.

Support in understanding friendships, relationships, and boundaries.

Support to understand autism/neurodiversity, emotions, and self.

Exploring personal goals and ambitions.

Celebrating strengths and skills.

When?

Currently we offer this service on Mondays and Thursdays / 9:30am – 3pm

- In the future, we hope to expand these sessions Monday – Friday (subject to demand).
- There is no cap on the number of sessions an individual can attend.
- Individuals may attend more than one day per week.

Where?

- Sessions are based at Daisy Chain, Norton, Stockton (TS20 1PF).
- There will be regular travel to community venues as part of activities (included in cost).
- At the current time, we are unable to include transport to and from Daisy Chain.



Cost

All enrichment activities and travel to and from community venues is included in the cost!

- Payment will be invoiced on a monthly basis.
- Payment secures an individuals space within the programme – invoices will include any sessions not attended.

Group

£45 per adult, per day (x8 adults with x2 staff)

1:1

At the moment we are unable to offer 1:1 support, however, this is something we will be working towards as the service grows. Adults may attend group sessions with their own support worker, if applicable.

How to pay for this support?

You can pay for this service using:

- Direct payments or personal budget via your social worker
- Self funding
- PIP

To enquire or request a place for Bespoke Adult Day Opportunities, please email:

clubs@daisychainproject.co.uk

