



The Reach Support for LIVING Standards



Background

First launched by Paradigm and partners in 2002, *Reach* was designed to encourage quality support and the opportunity for people to move from residential care to supported living. *Reach* offered a set of voluntary standards; they remain the most widely recognised standards across the UK in relation to supported living.

The drive to supported living was about ensuring each person is able to live the life as they choose. It was about living life with the same choice, rights and responsibilities as other citizens.

We believe that supported living is increasingly misunderstood and has become a service type, a model, rather than a way of supporting people to have real choice and control over their lives. With the ongoing reduction in financial resources we are hearing people across the UK and beyond express concerns about a possible 'backward' step towards group living. It seems that many people believe the principles of supported living are now unachievable.

It's time to re-commit the original principles of supported living and keep moving forward.

Reach: Support for LIVING an ordinary life (2014) is a practical resource designed to encourage those supported, their families, commissioners and agencies to be honest about 'where they are at,' to have an understanding of what is possible and agree the steps for moving forward.

Reach: Support for LIVING an ordinary life

The core purpose of the *Reach* manuals is to:

- clarify the principles and standards to ensure that supported living doesn't become a model that people can simply tick as 'achieved'.
- ensure that in the current climate of dwindling financial resources, we remain committed to quality support that values the range of resources available to people.
- show how *Reach* can help people with direct payments or personal budgets.
- ensure that we focus on good ordinary lives and the values codified in Human Rights legislation.

The *Reach* Standards consist of a series of high-level outcome-based statements.

The eleven standards set out what people should expect, as equal citizens, from their team or agency offering them support.

The Reach pack has two parts:

a) *The It's My Life manual* is designed mainly for use by or with people who receive support and their family and friends. It is also useful for organisations to find out how well they are doing in supporting each person.

It explains what rights (with Human Rights are at the core) they should expect from the support they receive. This may be paid support, but it also includes the support provided by friends, families and the wider community. It goes on to help individuals figure out if they are getting good support, what they want to change and how they can work towards this change.

b) *The Service Review manual* will mainly be used by organisations providing support and those responsible for monitoring to find out how a service or organisation is doing overall. It helps organisations to understand what good quality support is and that plans are in place for ongoing improvements. It also assists support providers and commissioners to meet their responsibilities to the people they support and the relevant regulatory bodies e.g. CQC, CSSIW. One life, one set of standards; one process.

Finally

Reach: Support for LIVING an ordinary life is NOT an assessment tool.

Reach is a resource and set of standards to encourage people to explore what Support for LIVING an ordinary life looks like for a person.

Used honestly, with integrity, Reach will help people to identify desired changes, create a plan and take action.





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"The simple step by step guide to facilitating a review in a way that involves a wide range of people is really helpful. The starting place being the people we support IS spot on!" (CEO London)

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'As a support worker I loved the training. Reach and the principles Sally and Laura helped us think about really challenged me to think about what 'Supported Living ' really means. I now have lots of questions about why we do some of the things we do!

(Support Worker, Yorkshire)

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" It's important people remember it's my life" says Sammy, a self advocate and Paradigm associate trainer. She went on to say " I hated having staff I didn't like in my home. Now I choose my own staff. I am happy. I now say what I think. "

(Sammy, Paradigm Associate and Self Advocate)

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To find out more about Reach you can:

- Purchase the manuals
- Commission training for your team
- Arrange a local workshop for a number of agencies or
- To create a bespoke offer to meet your needs

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OR see the Reach section on our website

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