



Glasgow Disability Alliance
Confident Connected Contributing



Dare To Dream:

How Future Visions and GDA are taking control, for a better future

About GDA

Run by and for disabled people since 2001, GDA exists to empower disabled Glaswegians to **take control** of our lives and **have our voices heard**.

Our accessible learning and events bring together a strong community - now over 4000 members - who support each other to **build confidence and connections, to tackle barriers** so we can make our **vital contributions** to our families, communities and society.

About Future Visions

GDA's Future Visions project offers a programme of short-term intensive support, modeled on the landmark Self Directed Support Act 2013.

- Future Visions empowers GDA members to **identify goals, overcome barriers, make choices and take control of their lives**, in relation to the support they need.
- Sharing these successes with allies, services, decision-makers and, most importantly, other disabled people, **Future Visions highlights and champions** what can be achieved with **choice, control and the right support**.

"When you're disabled and face all sorts of barriers, it's hard to know what help is out there."

Future Visions Information:

empowers people to know their rights, find out what support is out there, and how to access it.

"When you face barriers every day and you've never had a choice in life - you don't know where to start. It seems impossible to imagine a different life".

Future Visions Life Coaching:

supports people one-to-one, over the phone, at their own pace, to safely explore their barriers and develop goals and aspirations.

"When you're stuck at home, isolated – you've got no voice."

Future Visions Peer Support:

brings GDA members together to support each other to build confidence through sharing learning and experiences.

"There are so many barriers to tackle – Future Visions cuts right through them so you can move forwards."

Future Visions Tailored Support Plan:

support and resources for individuals to plan and explore what will help them achieve their goal.

Modest investment can transform lives! Participants used budgets for: assistive technology, accessible transport, learning opportunities, PA support to get out and reduce isolation, try new things, learn a new skill, build confidence and independence.



Future Visions and our rights to Independent Living

Future Visions is modeled on this ground-breaking law:

The Social Care Self-Directed Support Scotland Act (2013)

People who need support have the right to choose what that support looks like.

This means:

- Choice, control, flexibility
- Support built around the person, not around the service!
- Focused on 'outcomes': the goal, not the goalpost!
- Right to dignity and respect
- Right to participate in community life

In the past, disabled people had no choice but to live in institutions, like prisoners, with no independence and no life.

Disabled people campaigned for equality and the right to Independent Living.

These rights were enshrined in various legislation, culminating most powerfully in the Self Directed Support (Scotland) Act (2013).

Today, Scotland is committed to ensuring:

"All disabled people have choice and control, dignity and freedom to live the life they choose, with the support they need to do so".

(Fairer Scotland for Disabled People, Scottish Government 2016)

So what's stopping us?

Audit Scotland reported that austerity and cuts are holding back the change we need, to achieve the vision of SDS.

- Budgets are shrinking yet more people need support. Local Authorities have raised thresholds meaning only those with very high¹ needs can get any support.
- Assessments which should ask "What matters to you", are often being skewed by cost-saving pressures.
- The United Nations reported that local authorities are **"not adequately resourced to meet their duties regarding Independent Living"** – contributing to a 'human catastrophe' in disabled people's rights in the UK.



¹'Critical' and 'Substantial', though in some areas only 'critical' needs are eligible to be met.

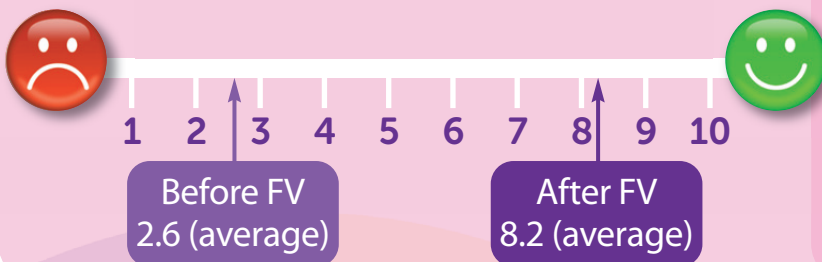
A Vision for Scotland's Future!

With an ageing population and limited resources, the clear solution for Scotland's future is to invest in prevention². This means investing in lower level support sooner, before people reach a crisis point which costs much more in the longer term.

- Future Visions demonstrates what this support can look like, and the knock-on benefits for society when people get empowering support at the right time.
- Future Visions highlights that Tackling Social Isolation is a crucial step to building confidence, resilience, health and wellbeing, and enabling more people to participate and contribute to their families, communities and Scotland's future.

Learning from Future Visions' Success

Quality of Life Before and After Future Visions



It Works!

The Future Visions recipe is life-changing – and life-saving! Quality of life, confidence, hope and aspirations grow significantly from a low starting point and participants scored it an average of 9.7 out of 10!



²Christie Commission 2011

Before Future Visions:

- Trapped by barriers
- Isolated
- Lacking confidence
- Disempowered
- Negative experiences with services: afraid to seek help
- No choice or control in life
- Low or no aspirations

Future Visions: SDS the GDA way!

- **Access ensured:** transport, equipment, accessible venues, accessible information, Personal Assistance.
- **Peer Support:** disabled people-led, Future Visions ensures understanding, respect, feeling valued, accepted and believed – not judged or scrutinized.
- **Information, coaching and support** to identify what matters to participants, explore solutions, connect with resources to help.
- Flexibility, Encouragement, **safety to try new things, make mistakes, 'Dare to Dream!'**



The results:

- More positive identity, sense of purpose, social connections and improved health and wellbeing.
- Accessing services and making choices, including social care and SDS.
- Accessing wider supports, including community based supports and opportunities e.g. learning, training, volunteering and employment.
- Increased independence: people were supported to participate more and be “leaders” in their own lives, making contributions to their families, communities, and society.

Key Learning – Ingredients for Success

Simple assessment and a “good conversation” led to reduced red-tape, built trust, targeted resources on self-identified needs and resulted in improved outcomes.

Solutions were simple and included Financial Assistance, Access and Personal Support.

Learning, coaching, peer support including role models are vital in raising aspirations, inspiring change and driving forward action for disabled people.

Access – such as transport, personal assistance or communication support is critical to enable participation.

Taking Control: Margo

It's saved my life – I'm more confident now to speak up to my care manager and make sure my needs are met.



Participating, fulfilling potential: Derek

No-one could provide me with the software I need to look for work and keep my skills up to date – until Future Visions. Now my future's looking up.



Health & Wellbeing: Nasim

Getting support to go swimming improved my arthritis – I can move my arms and wash my own hair again!



Resilience, Social Connection: Caitlin

My mental health kept me housebound. Now I'm at college, travelling independently and starting my career teaching music.



Choice and Control develop identity, purpose and wellbeing – this can be both **life changing** and “**life-saving**”.

Feeling respected and being treated with dignity leads to improved self-respect and self-belief.

Solutions needn't cost a lot of money but do need to be flexible to make a big impact.

Building Confidence and removing barriers: essential to **change mindset, set goals, Dare to Dream!**

GDA's 'one stop shop' approach: identifies participants and connects them to information, services, networks, campaigning and other activities and opportunities.

Building capacity, resilience and social connections transforms lives beyond the **individual participants** to family, friends and community.

Recommendations for the future of Social Care and Self-Directed Support

- 1** Draw on Future Visions' simple, empowering assessment as example of the 'Good Conversations' recognised as key to SDS: led by the person, not the bureaucracy; focused on what matters to them, and tackling barriers to help set and achieve goals.
- 2** Recognise that for many disabled people, setting goals and outcomes first requires investment in **confidence, capacity building and peer support, to enable us to "Dare to Dream"** and understand that we might have choices.
- 3** **Embed mandatory Training on Disability Equality and Independent Living** for all who deliver Social Care / SDS assessments and services, as well as related services e.g. housing, health, community planning.
- 4** GDA members see the Future Visions approach and culture closely mirrored in Scotland's innovative Independent Living Fund: **Share ILF learning and increase its role in Social Care in Scotland.**
- 5** To halt the damage of austerity and enable the necessary shift towards investing in prevention, **increase and ring-fence funding for social care.**
- 6** **Ensure that lower-level, preventative supports, such as those modeled in Future Visions, are built in to our social care investment:** re-imagining a new future for social care within our integrated services.
- 7** **Emphasise Independent Living Outcomes, choice and control, within Commissioning frameworks.**
- 8** **Involve disabled people in the design of social care** (e.g. through Social Care Expert Group currently being explored by GDA, Glasgow City Council and Scottish Government). Disabled people's expertise is a crucial asset in ensuring that contracts and services can move beyond meeting basic needs, towards achieving positive outcomes, including rights to choice, control and independent living.



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