

Explaining Day Services

In recent years the Government has been taking steps to improve what is known as Person Centred Planning. They are trying to ensure that people with learning disabilities have much more say as to what services and support they receive.

In the past, decisions about support and provisions tended to be made by the service providers. However, we feel that it is important that people with learning disabilities are given the right to make their preferences and choices known, and for the service providers to comply with these decisions where possible.

Day can encompass a number of activities and facilities that serve to benefit the people that attend them. Day services help people with learning disabilities receive assistance and support with carrying out everyday activities away from their own homes. It also gives them the opportunity to learn or improve upon skills and hobbies, to socialise and travel out on trips and take part in leisure activities.

Why Day Services Are Important

Day services can be vital in connecting learning disabled people with their community in a way that they might not necessarily be able to otherwise. We also improve awareness within the local community, by helping to dispel misconceptions and discrimination towards learning disabled people.

This improved access to such facilities is vitally important, as without them people with learning disabilities can become isolated, lack access to overall health care and become trapped by lack of access to their wider community. Therefore, their chances of leading a more independent life can then become less possible.

Day services also help to promote independent living by linking up with colleges, work placements, community services and leisure facilities. This opens up opportunities that people with learning disabilities might otherwise miss out on. It also gives them a much wider scope to achieve their ambitions and aims, whilst feeling as though they are being listened to.

Day services are also important because they give carers and family members some respite from caring. Despite the name, day services can be available at the most appropriate times for the individual at various times throughout the week. Day services are also not confined to activities and support that takes care in day centres.

To find out more about day services in your area, and how they can help you or a family member, contact your Care Manager.