



Stepping OutTM

Helping people help themselves

Semi Independent Living

Stepping out is a specialist service provider of training, education, care and support for people with complex needs. We provide innovative, outcome focussed, care solutions.

Our semi-independent provision services are catered to young people and adults with:

- ✓ Autistic Spectrum Disorder
- ✓ Mental Health Issues
- ✓ Borderline Personality Disorder
- ✓ Challenging Behaviour
- ✓ Moderate Learning Disabilities
- ✓ Physical Disabilities
- ✓ Sexually Harmful Sexualised Behaviour
- ✓ Drug & alcohol abuse
- ✓ Self-harm
- ✓ Suicidal tendencies
- ✓ Fabricated & induced illness
- ✓ Early Onset Dementia
- ✓ Dual Diagnosis
- ✓ NEET Clients
- ✓ Gang Involvement
- ✓ MAPPA

Through well-structured risk assessments that incorporate strict boundaries and produce positive measurable outcomes, Stepping Out have been able to offer vulnerable people the opportunity to improve their quality of life and enable them to achieve greater independence.



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About Us

Stepping Out is a registered and regulated (CQC) social care provider delivering person centred care services to children, young people and adults meeting the range of low through to critical high support, high supervision needs.

Stepping Out has built a great reputation for providing specialised up-to 24 hour semi-independent living options for adults and young people whom wish to maintain and or obtain the necessary skills to become independent.

We provide Services to:

The type of clients we accommodate and support have varying needs to include:

- ✓ **Autistic Spectrum Disorder**
- ✓ **Attention Deficit Disorder**
- ✓ **Mental Health Issues**
- ✓ **Borderline Personality Disorder**
- ✓ **Challenging Behaviour**
- ✓ **Moderate Learning Disabilities**
- ✓ **Fragile X Syndrome**
- ✓ **Physical Disabilities**
- ✓ **Sexually Harmful**
- ✓ **Sexualised Behaviour**
- ✓ **Drug & alcohol abuse**
- ✓ **Self-harm**
- ✓ **Suicidal tendencies**
- ✓ **Fabricated & induced illness**
- ✓ **Early Onset Dementia**
- ✓ **Dual Diagnosis**
- ✓ **NEET Clients**
- ✓ **Gang Involvement**
- ✓ **MAPPA**



Nature of Service

Our Semi-Independent living project offers 24 hour supervision and observation within the unit; and accommodates no more than 4-5 service users. The project includes one on-site staff member who's tasked with managing risks and monitoring service user's activities, paying particular attention to de-escalating and or seeking to prevent all potential situations and incidents before they occur.

All of our projects are linked to our Emergency out of hours/on call team. Each project has 3 manned out of hours contact numbers, senior managers are able to visit the project in an emergency if deemed necessary.

Semi- Independent Living:

These provisions are set up to provide a small group living environment in order to provide a homely setting. The small groups allow the service users to receive targeted support and close supervision, eliminating the issues of lack of engagement whilst ensuring the client does not feel overwhelmed and or crowded. Down time/self-time is encouraged. All clients benefit from their own bedrooms, specific project offer en-suite arrangements. The projects are suitable for those whom require well-structured living options with strict boundaries.

Delivery of Service

Our semi-independent projects deliver a service that fully encompasses the needs of the client. Please see a detailed breakdown of our packages below:

- **Base package:** *This is an all-inclusive package (low needs) and includes support in the community for the initial two weeks of placement only. Additional support can be purchased to supplement the package.*
- **Recommended Support:** *We will occasionally recommend additional support that should be purchased in order to meet a client's specific needs (medium –high needs). These recommended support hours can be negotiated and altered allowing a cost effective placement/support package to be formed. The recommended support will be added to the base package.*

Base Package



Basic Independent skill training:

- ✓ Daily Hygiene Routines.
- ✓ Maintaining a clean and safe living environment.
- ✓ Food preparation/Healthy eating.
- ✓ Guidance to budget in an independent manner.
- ✓ Reflective support on conduct & behaviour/reduction of offending behaviour.
- ✓ Socialising and community integration.
- ✓ Benefits information.

Base Package: On agreeing to place a client on our base package support plan, you agree and understand that the client will receive only 7 hours per week 1-1 support over two weeks duration for the following tasks:

- ✓ Support with registering at local GP
- ✓ Support with registering at local Dentist
- ✓ Support with registering at local Optician
- ✓ Support with Social/local Integration
- ✓ Raising awareness of transport links,
- ✓ Raising awareness of local universal service providers
- ✓ Raising awareness of banks, libraries and areas of interest.

➤ Additional Support can be purchased to compliment the base package.

Additional Support

- ✓ Support with Daily Hygiene Routines
- ✓ Support with maintaining a clean and safe living environment
- ✓ Support with Food & Grocery Shopping (Supervised)
- ✓ Support with attending leisure & health activities
- ✓ Support with accessing education, training or employment
- ✓ Support with family contact
- ✓ Support with reducing substance & alcohol abuse
- ✓ Safety & self-harm reduction (safeguarding measures and use of therapeutic services)
- ✓ Support with sexual health and awareness.
- ✓ Support with socialising and community integration
- ✓ Support with attending appointments (Sign Posting and or supervising)
- ✓ Direct tenancy sustainment support, advice and guidance
- ✓ Administering money/Managing budget
- ✓ Administering and safe storage of medication
- ✓ High level community based supervision (offenders, sexually harmful, sexualised behaviours and particular MAPPA cases.)
- ✓ Support/supervision and the reduction of sexualised and sexually harmful behaviour.
- ✓ Specific Travel Training (Road safety/highlights hazards, promotes independence) [Click here](#)
- ✓ Waking Nigh Staffing
- ✓ Additional staffing (1:1 or 2:1)

Staff

Our company is registered and regulated by the Care Quality Commission and is also a member of the National Autistic Society. Our staff are hired directly by the company, we do not use agency staff, consequently our staff members receive thorough training, supervision and guidance and are able to communicate with the Stepping Out management team regularly.

Our staff members hold a minimum NVQ level 2 in health and social care. Stepping Out carries out a full enhanced CRB check before a staff member is able to begin supporting our clients.

Recording, Engaging and Communicating:

We believe that in order to aid a client on to independence we must ensure the client fully engages with the service. There can at times be certain barriers to engagement, therefore we feel using methods and tools to record, monitor and communicate with our client's increase our level of understanding and allows Stepping Out and other professionals the knowledge and ability to help the client make changes and of course amend support plans in order to effectively aid the client produce positive outcomes.

Daily Engagement Logs

Stepping Out offer far more than just accommodation and support. Our objective is to aid our clients on to independence. This cannot be successfully achieved if the client is not proactively monitored; moreover our staff members are tasked with recording the client's movements, decision making, conversations and actions throughout the day. This allows Stepping Out and relevant professionals the opportunity to thoroughly assess and understand the client's needs. The logs enable us to see patterns and understand why incidents may have taken place.

[Please click here to view an example "Daily Engagement Log."](#)

Key Work Sessions

Our Key work sessions work in tandem with our daily engagement logs, however these sessions cannot be carried out without the client's involvement, input and feedback. The sessions are usually carried out on a weekly basis and cover subjects like: Health, Peer relationships, Education, Employment, Training, Sexual Health & Relationships, Economic Well-being, Independent skills and much more.

[Please click here to view an example "Key Work Session."](#)

Weekly Activity & Goal Setting Plan

These plans are particularly useful for clients diagnosed within the Autistic spectrum but are equally beneficial to other young people. Setting goals and making weekly plans allows us to build a well-structured package whilst allowing the client to feel in control of their support, the plans are usually discussed and amended via key work session.

[Please click here to view an example "Goal Setting Plan."](#)



How it works



Stepping Out requires a chronology of events, pathway plan, risk assessment and an up to date profile in order to thoroughly assess risks and provide a complete client focussed and safe support package.





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**In order to obtain information about our package prices and to make a referral
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