



Welcome to
Sahara Care



Sahara Care
Pathways to Positive Outcomes

Sahara Care has specialised in delivering high quality assisted living and supported living services in London and Essex since 1997.

We have wide-ranging expertise and experience in supporting people with complex care needs, including:

- learning disabilities
- physical disabilities
- complex multiple disabilities
- autism
- behaviour that challenges.

Through our assisted living and supported living services, we offer:

- transitional support for young people from the age of 16
- respite and short breaks
- emergency placements
- support for service users with individual budgets or through direct payments
- in-house and community-based activities
- outcome-based support planning
- day services.

Our aim is to maximise each service user's potential, independence and quality of life, by providing person-centred support tailored to individual needs and aspirations. This includes working collaboratively with each person to create a personal support plan, designed to develop life skills and deliver positive outcomes.

At the heart of our approach are our core values of individuality, dignity and choice.



Individuality

Our service users...

- have the time and space to be as independent as possible. This ranges from cooking or shopping for themselves and doing their own cleaning or washing to making new friendships and relationships outside their supported living or assisted living service
- take reasonable risks – understanding and assessing risk can help people to become more independent and taking considered, positive risk can enhance their quality of life
- are supported sensitively.

Dignity

Each service user...

- is appreciated and respected as a unique and valued individual
- makes their own informed choices about the way they live their life
- receives support tailored to their individual assessed needs.

Choice

At Sahara Care, service users...

- make their own decisions wherever possible, including about what, when and where they eat, what activities they take part in, how they manage their time each day
- are valued as individuals, each with their own unique wishes and views.

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