



The
Sahara Care
approach



Sahara Care
Pathways to Positive Outcomes

Sahara Care's assisted living and supported living services in London and Essex encourage and support service users with learning disabilities, physical disabilities, autism and behaviour that challenges to take control of their life and the decisions that shape it.

Using communication techniques based on individual needs, we work closely with each person we support, their family, friends, social workers and other stakeholders to create a support plan that the individual understands and is tailored to their needs, wishes and goals. No two people are the same, so each support plan is different, from the way someone spends their time day to day to the level of support our trained and experienced staff provide.

An important part of the plan is to identify the service user's individual goals – both day-to-day and on a longer term basis – and deliver the support to help them achieve these.

Gaining, maintaining and developing life skills underpin the journey towards greater independence. We support service users to learn and develop these skills individually or as part of a group, including through a wide range of indoor and outdoor activities.

Activities we offer include:

- Assisting with interviewing new staff
- Bowling
- Board games and Wii
- Charity fundraising activities
- College courses
- Crafts
- Bollywood dance classes
- Football – we have our own team, Sahara FC
- Caring for pets
- Gardening
- Cookery sessions
- Going out for meals or drinks
- Computer classes
- Holidays
- DVD nights
- Horse riding
- Exercise classes
- Ice skating
- Healthy eating planning
- Joint activities with local day centres
- Minibus outings
- Makeovers
- Nightclubbing
- Parties and themed nights
- Shopping trips
- Service user family and friends forum
- Visits to theme and amusement parks, the theatre, farms and zoos
- Zumba classes

We understand that needs and goals develop over time so we review plans on a monthly basis, updating them as required, to reflect evolving needs or changing circumstances.

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