

# 5b4

## Local Area Co-Ordination

### Do

Local Area Co-ordination aims to support disabled individuals, their families and communities. It makes support available throughout life, emphasises strengths and capacities rather than the need for services, and its main purpose is to develop informal and community supports for individuals.

### Story

When we first met Sophie, our Local Area Co-ordinator, both my son Andy and I kept getting upset. Andy would go into his room and I would

cry, as I got to know her, I realised that her ideas were for the best. Sophie helped me realise that I was doing too much for Andy, like washing his hair and answering questions for him. Each week, Sophie asked Andy to do something new for himself and he would agree by shaking her hand. Sometimes he was in a bad mood and wouldn't come out of his room. Nowadays Andy gets out a lot more, and so do I.

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### Hints & Hazards

Local Area Co-ordination needs to be kept separate from care management as it is not meant to be a gatekeeper to services. The role works best if it is supported by the commitment of senior managers, there is a clear and shared understanding of their role, Co-ordinators are committed to inclusiveness, empowerment and acknowledge the natural authority of families, and have the time to build relationships.

For more information see *Scottish Government 2008*.