



# Older People Life Stage Case Study

## Case Study

### Capacity Building Project

## Related Outcome

Older People increase their confidence to make effective choices and plan their care.

## Progress Update

This small scale project ran over a six month period, its purpose being to trial an approach which would enable day care users with low levels of need to be successfully reintegrated within their own community.

The Project itself had three distinct stages.

**Stage one** included creating a community integration tool which could capture information on an individuals interests and personal outcome goals, so these could be cross referenced with opportunities available within the local community. Simultaneously a community profiling exercise was completed as was an assessment of a number of individuals in receipt of day care to identify those with low levels of need.

**Stage Two** which was completed saw the profiling of a number of day care users with opportunities available within their local communities.

**Stage Three** was the final stage and brought the project to a successful conclusion. During this end stage the work which had been undertaken previously in stage one and two was tried and tested and found to be fit for purpose. As a consequence two individuals who had participated in the project through to the end stage were successfully supported enabling them to be reintegrated within the community, thus resulting in a reduced reliance on day care.

## Related Impact on Individuals / Communities

- Older people with low levels of need are supported to building up their confidence, exercising choice and access appropriate opportunities within their local community based on the specific outcome goals they are seeking.
- The individual's independence is maximised as is their associated quality of life.
- Older people contribute to and remain engaged with their local community.
- The local community benefits from all generations remaining actively engaged and contributing citizens.

## Partners / Agencies involved

West Lothian CHCP, Braid House Day Care Centre.