

What a good Day Opportunity looks like



A **Day Opportunity** is a service that supports people to do things during the day. The day opportunity might be in a building or in the community. It can include what people do at weekends and in the evenings.

A good Day Opportunity:



- ✓ Supports people to be a part of the community
- ✓ Supports people to socialise and make friends



- ✓ Asks people who use the service to help design it. This should include what happens at the service, helping to choose the staff who work there and how the service works.
- ✓ Gives people choices, including listening to ideas from people who use the service
- ✓ Listens to people
- ✓ Supports people to do new things if they would like to.



- ✓ Should focus on what people can do and not what they can't do
- ✓ Supports people to be as independent as possible, including offering travel training.
- ✓ Offers different activities including how to use a tablet or smartphone



- ✓ Has respectful staff who have a good sense of humour and are caring and support people well.
- ✓ Makes sure people feel safe
- ✓ Offers people the opportunity for peer support, people can learn how to support each other.



A **Day Opportunities offer** means the different types of Day Opportunities that people can choose from.



A good Day Opportunities offer:

- ✓ Includes different types of day opportunities
- ✓ Gives people a choice to be in a building that is not only used by people with learning disabilities
- ✓ Includes an option of having support in the evening or weekends
- ✓ Includes employment support options



We understand that some people have more complex support needs.

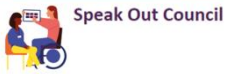
Complex support needs mean people need a high level of support with lots of things in their daily life.



What good looks like to people with more complex support needs might be different.



We will do some more work on what good looks like for people with more complex needs. We will listen to the family carers and people who support people with complex needs.



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Date: 27/02/23



Data: collected from interviews with people who use services, carers, social care and community staff and national data from SCIE *Having a good day? A study of community-based day activities for people with learning disabilities (2007)*

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