

What is Local Area Co-ordination in EDC and what can your Local Area Co-ordinators do for you?

Local Area Co-ordination is a way of working which directly supports people and their families to identify some personal goals that they would like to achieve, then to provide support to achieve these goals. LACs work with those over 14 with a formal diagnosis of autism and/or mild learning disability.

We do this by:

1. Working with individuals and families to help you identify and achieve your goals and ambitions
2. Working at your pace and with your consent
3. Connecting you to services and people who can help to achieve your goals.
4. Developing independence and planning for a positive future, developing confidence and life-skills
5. Supporting you to make new friends and meet new people
6. Helping isolated people become **part of the community** and make a positive difference.

In more practical terms, we can help with things like; *finding volunteering opportunities, signposting to local activity or social groups, support finding employment, finding further education opportunities, help with thinking about benefits and making connections to other services and organisations in the community* – please don't hesitate to ask us if you aren't sure about something and if we aren't the right people who can help, then we can hopefully put you in touch with the right people who can.

To receive formal support from the team, we ask that you first fill in an 'introduction form' (available on request) to tell us a bit more about you. We will then arrange a meeting with you to get to know you a bit better and think of a plan that we can help you with. If you need help filling this in please let us know. The introduction form helps us understand how we can work together to achieve some of your goals.

Before we have our initial conversation, why don't you have a think about some of these things so we can make the most of our time together

- **What are some of my interests and hobbies?**
- **How would I like to spend my time during the week? Where are the gaps?**
- **What are some of my goals in life? (small and big!)**
- **What are some of the barriers that I face when wanting to achieve my goals?**
- ***One for parents – Are there any areas that I could use some more support with or information on?**

***The team can also offer signposting to local services for those under 14 or on the autism assessment waiting list – please just ask the team for more information.**

East Dunbartonshire currently has five Local Area co-ordinators and a Team Leader:



Hannah



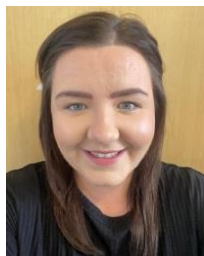
Linda



Ailsa



Heather



Megan



Ashleigh
(Team Leader)

Please don't hesitate to get in touch if you would like any more information or have any questions:

LACs@eastdunbarton.gov.uk