**Local Area Coordination**

Family, Friends, Community

**Supporting people to stay strong in their local communities**

**What is Local Area Coordination?**

Local Area Coordinators support older people, disabled people, people with mental health difficulties, and their families and carers to:

Build their vision for a good life

Stay strong and connected

Feel safer and more confident in the future

**What does a Local Area Coordinator do?**

Local Area Coordinators take time to get to know people, their families and communities.

They support people to:

· Access information in a variety of ways

· Be heard, be in control and make choices

· Identify peoples’ personal strengths, goals and needs

· Find practical ways of doing to the things people want or need to do

· Develop and use personal and local networks

· Plan for the future

· Be part of and contribute to communities

· Access support and services if required

**Say About Local Area Coordination**

**What people say about Local Area Coordination**

*“They don’t judge, assess or tell me what to do. It’s about me.”*

*“The Local Area Coordinator has listened to all the issues affecting me, normally services want to pass me on to someone else; the LAC has helped.”*

*“They take time to get to know us, our family, our community and our circumstances”*

*“They support and challenge us to do things for ourselves – this has helped me build confidence, to solve more of my own problems and to need services less”*

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**For more information contact:**

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