

Choice Wellbeing Service Objectives

Overarching Goal: To improve the wellbeing of parent carers of children with additional, complex, or life-limiting needs in the Northeast by providing access to a range of choices and support that empowers them to lead healthier and more fulfilling lives.

Service Delivery Objectives:

Increase Accessibility:

- To ensure that the service is easily accessible to all residents of the Northeast, regardless of their socioeconomic status, location, or specific needs.
- Offer a variety of access points, including online, phone, and in-person options, with consideration for digital literacy and access.
- Reduce waiting times for service access.

Provide Choice and Control:

- To offer a diverse range of wellbeing interventions and support options, enabling individuals to choose what best suits their needs and preferences.
- Promote self-management and empower individuals to take ownership of their wellbeing journey.
- Ensure service users are actively involved in the planning and delivery of services.

Deliver High-Quality Services:

- To provide evidence-based interventions and support that are effective in improving wellbeing.
- Ensure staff are qualified, trained, and supervised to deliver high-quality care.

Promote Integration and Collaboration:

- To work closely with other education, health and social care providers in the Northeast to ensure coproduction is at the forefront of work we do in the area.
- Develop strong referral pathways to and from the service.
- Engage with community organisations to promote wellbeing and address the wider determinants of health.

Improve Mental Wellbeing:

- Reduce the prevalence of common mental health problems, such as anxiety and depression, among service users through our holistic and counselling service.
- Increase levels of positive mental wellbeing, such as happiness, life satisfaction, and resilience.

Improve Physical Wellbeing:

- Increase the number of service users engaging in regular physical activity.
- Improve healthy eating habits among service users.
- Reduce the prevalence of unhealthy behaviours

Improve Social Wellbeing:

- Increase social connectedness and reduce social isolation among service users.
- Enhance individuals' ability to build and maintain positive relationships.

Increase Service User Satisfaction:

- Ensure service users feel respected, valued, and involved in their care.

Ensure Sustainability:

- Secure adequate and sustainable funding for the service.
- Manage resources effectively and efficiently.

Promote Equality and Diversity:

- Ensure the service is inclusive and accessible to all members of the Northeast community.
- Address health inequalities and promote equity in service provision.

Develop the Workforce:

- Recruit and retain a skilled and diverse workforce.
- Provide ongoing training and development opportunities for staff.

he benefits of holistic care, counselling, and accessing resources for parent carers of disabled children are profound and multifaceted, addressing the unique and often intense demands of their role. Here's a breakdown:

Benefits of Holistic Care (Addressing the Whole Person):

Reduced Burnout and Compassion Fatigue: Holistic care acknowledges that parent carers' wellbeing is interconnected – their physical health impacts their mental health, and vice versa. By addressing sleep, physical activity, and stress management alongside emotional needs, it helps prevent burnout and compassion fatigue.

Improved Physical Health: Carers often neglect their own health due to time constraints and the focus on their child. Holistic care encourages them to prioritise their physical wellbeing, leading to better energy levels, reduced risk of illness, and increased capacity to care.

Enhanced Emotional Resilience: By addressing emotional needs through support and coping strategies, holistic care strengthens carers' emotional resilience, making them better equipped to handle the ongoing challenges and emotional toll of their role.

Increased Self-Awareness: Holistic approaches can encourage self-reflection and awareness of personal needs, limits, and coping mechanisms, empowering carers to proactively manage their wellbeing.

Benefits of Counselling:

Emotional Processing and Release: Counselling provides a safe and confidential space for parent carers to process complex emotions like grief, anger, guilt, anxiety, and frustration related to their child's disability and their caring role.

Improved Coping Mechanisms: Therapists can teach evidence-based coping strategies to manage stress, anxiety, and difficult emotions, empowering carers to navigate challenging situations more effectively.

Reduced Isolation: Connecting with a therapist can combat feelings of isolation and being misunderstood, offering validation and a sense of being heard.

Enhanced Problem-Solving Skills: Counselling can help carers gain clarity on challenges and develop effective problem-solving skills to address practical and emotional difficulties.

Strengthened Relationships: By addressing personal emotional wellbeing, counselling can indirectly improve carers' relationships with their child, partner, and other family members.

Post-Traumatic Growth: For carers who have experienced traumatic events related to their child's diagnosis or care, counselling can facilitate post-traumatic growth, helping them find meaning and strength in their experiences.

Benefits of Accessing Resources:

Practical Support and Information: Resources provide essential information about their child's condition, available therapies, educational support, legal rights, and financial assistance, reducing feelings of being overwhelmed and uninformed.

Reduced Financial Strain: Access to financial aid, grants, and benefits can alleviate financial stress, which is a significant burden for many parent carers.

Connection with Peer Support Networks: Resources often link carers with support groups and online communities of other parents facing similar challenges, fostering a sense of belonging, shared understanding, and practical advice.

Time-Saving and Efficiency: Knowing where to find reliable information and support saves carers valuable time and energy, allowing them to focus on their child and their own wellbeing.

Empowerment and Advocacy Skills: Accessing advocacy organisations and resources can empower carers to understand their rights and effectively advocate for their child's needs.

In combination, holistic care, counselling, and accessible resources create a vital support system that acknowledges the multifaceted needs of parent carers of disabled children. This comprehensive approach not only improves their individual wellbeing but also enhances their capacity to provide the best possible care for their children, ultimately benefiting the entire family.