



➤ Are you a disabled person or a person with a long-term condition living in the Lothians?

➤ Do you want to explore your options for the future and transform your ideas into action?

Then join our **Living & Work Choices course** as a first step towards achieving your goals!

**OR**

➤ Would you like to find out about employing your own Personal Assistant(s)? Then **Essential Employers Skills** is for you!

If you are already a PA employer, please contact us to discuss our 2 day **Training for PAs** or 1 day **PAs Refresher** courses.



**Get in touch for more information...**

What people have said about our courses:

- "Now I feel I can gain independence."
- "I am so happy after being here on the 4 days course."
- "I have learnt a lot and I am not stressed any more."
- "Having the notes to take away will help secure understanding."



**GET IN TOUCH!**

**Lothian Centre  
for Inclusive  
Living (LCiL)**



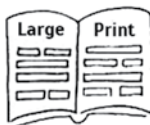
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This information is available on request in a range of formats including:



**Large Print**



**Audio**



**Braille**

# Living & Work Choices

for Disabled People and people with long-term conditions



➤ Want to explore options for your future via one-to-one support?



➤ Need guidance to transform your ideas into action?



➤ Want to meet others in the same or similar situation?



**FREE COURSES & SUPPORT  
FOR ALL DISABLED ADULTS  
IN THE LoTHIANS...**

## Living & Work Choices Courses



- Explore options for the future
- Transform ideas into action at a pace that suits you
- Gain practical skills for independent living
- Benefit from our one to one support to make sure that your goals reflect your own unique circumstances
- Benefit from meeting other people in the same or similar situation

### Topics covered in this 4 Day Course include:

- **Equality Matters**  
How society disables you.
- **Independent Living**  
What is independent living and how you can achieve it?
- **Self Directed Support**  
How does it work? Who can receive it? How to get it? What support is available?
- **Working Life**  
What are your rights at the workplace? What support can you get to help you find a job, if that is what you want?

### How does it work?

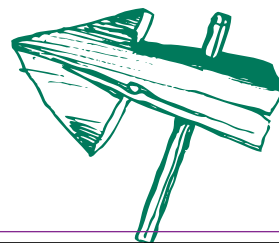
#### 3 simple steps towards achieving your goals:

1. You join the course which will help you to identify your strengths, learn practical skills and improve your confidence and motivation.
2. At the end of the course, we will get together on a one to one and get to know you a bit more.
3. We will then support you to develop your own Personal Action Plan and help you transform your ideas into actions at a pace that suits you.



### Interested?

*Then contact us to find out more or to have an informal chat or simply to book a place on the course. You can also visit our website. See the back for our contact details.*



## Essential Employers Skills Courses



- Thinking about employing Personal Assistants (PAs) to support you?
- Or, if you are already a PA employer, want to refresh your employer skills?

**Essential Employer Skills** is a 3 day course that provides disabled employers of Personal Assistants with an understanding of the essential responsibilities and roles required of a good employer.

### Topics covered include:

- **Employer Responsibilities**
- **Recruiting PAs** – find out what is good practice and legal requirements when recruiting PAs (*optional for existing employers*).
- **Employer Management Skills**  
Identify boundaries to promote effective employee/employer relationships.

*Contact us for an informal chat or book a place on the course.*

