








Local area coordination

What is local area coordination and what does it do?

Local area coordination supports people who may feel unhappy or that life is difficult due to age, disability, mental health / physical health or other life circumstances.

A **local area coordinator** will take time to get to know you, your family or those close to you and your community. They will help you to:

-  Explore, think and plan for your future to achieve your idea of a good life
-  Meet new people and introduce you to groups, activities and volunteering in your community
-  Get your voice heard and feel in control to make your own choices
-  Make practical changes to feel safe, secure, more confident and increase wellbeing
-  Find relevant information, advice, support and services if needed and understand complicated service pathways

What York people say about local area coordination



I trust her implicitly. I'd tell her anything and also, her help is unconditional.

If everything I'm planning works out, I think I'll have achieved almost everything I wanted for now - the exercising, dancing, voluntary working.

She offers practical help, like with the carer stuff that she sent me, and practical help like coming along to places with me. If I wanted to know anything, I could ask her.

I don't know what I would have done without you. If it wasn't for your help I don't think I would be here now.

I feel hopeful about the future for the first time in years.

The effect local area coordination has on residents and their communities

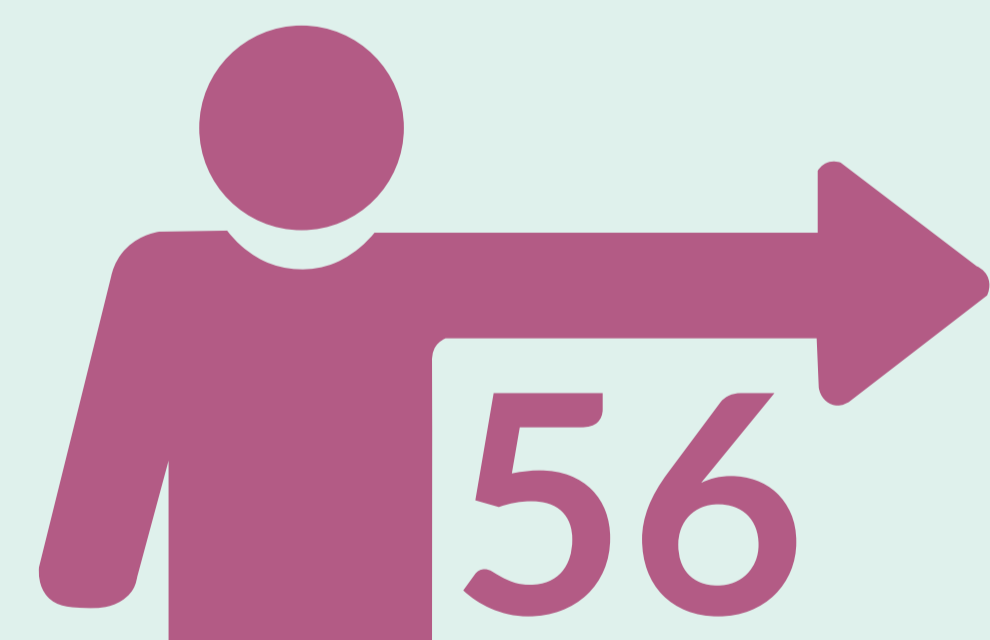
In an 18 month period, one Local Area Coordinator had the following impact in one area of York:



Moved into paid work



Now volunteer regularly



Received or signposted to benefits advice



Given housing advice/support and so prevented from being homeless



Sought additional mental and physical health advice



Supported in court/through legal proceedings, including support given to report incidents to the police