

## Individual Help

Every person has an individual support plan. Within these are the individual's personal details and a timetable specific to their weekly activities. Activities can vary from horse-riding, support with college, swimming and bowling. Support ranges from 4 hours to 40 hours per week. These are reviewed with you on a regular basis.



Adult Services are dynamic, evolving and centred on the on the people we support.

Cosgrove is registered with the Care Inspectorate and work in accordance with the National Care Standards and Codes of Practice

**COSGROVE**  
supporting independent lives

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Cosgrove Care is a charity registered  
in Scotland Charity No SC013208  
Company No SC179962

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## Adult Services



Supporting you to  
be you



## Adult Services

Adult Services provide support, across East Renfrewshire and Glasgow, working with people with varied needs. This support changes according to individual needs and personal requests. Some supports are in people's houses, others are based in the community. Both types of support are to allow people to live as independently as possible, to achieve their potential and fully participate in the community.

Adult services also provide group support which anyone can attend. We currently run the following fun activities; **drama; arts and crafts; health and fitness and creative writing.**

As well as our organised group activities we can support you to enjoy and participate activities that you enjoy from football matches to going out for a meal — the choice is yours!

Our supports can allow you to get out and about in your community, go places you want, do things you wish, and achieve your goals!

We can also offer support in your own home. This support can be tailored to your needs; from domestic chores, helping to prepare meals to helping you make and attend any appointments.



## The Team

- We have a large staff team with many different personalities; so there's always someone to get along with!
- We want you to be involved in everything we do so really value your ideas and thoughts on what we do!
- You can speak to any member of staff if anything worries or upsets you.
- We want you to feel safe and secure with us.
- Your family and friends to can be involved, and they will get to know the team!