



Time for Life Enabling Service

The Time for Life service has been in operation since January 2007. It is delivered by four consortium members - Westbank, Age UK Devon, Upstream and Age UK Exeter.

It is a targeted, time limited service (up to 18hrs over 6-8wks) for people who are eligible using Fair Access to Care criteria, and is delivered across all of Devon (except Plymouth and Torbay).

The service is funded by Devon County Council, and is free to the person receiving it.

Referrals to the service can be made from CDP and CCT.

The service is a personally tailored, goal orientated community enabling service for people aged 65 and over. It is aimed at tackling social isolation and consequent exclusion which frequently follow common events in later life, e.g. bereavement, illness or a disability. The service doesn't just offer support and advice, it will also offer more practical support e.g. enablers taking people to social opportunities, enabling them to make new friends and learn new skills.

A personalised assessment will determine the aims of how the Time for Life Enabling Service can be of benefit to an individual and will help to:

- Re-engage people in activities which are personally meaningful and enjoyable to the individual
- Help users of the service to develop the tools, knowledge and experience which will allow them to confidently engage in and self-determine their own chosen personal and social activities in the future
- To re-engage people within the community

The role of the Community Enabler is to:

- Help the individual develop a positive sense of social identity and self-esteem
- Help the older person to access services and activities which match their individual needs, facilitating them to design these where necessary and where feasible
- Assist the individual with integration into their local community, which will include encouraging the community to develop its capacity to support its vulnerable members
- Assist in maintaining life time interests where these have been abandoned unwillingly, or where the older person feels that there is an insuperable barrier to continuing and, in achieving lifetime ambitions to do new things
- Help the older person to find an interest in new things where they do not as yet feel an interest, and cannot decide what they would enjoy doing
- Conduct a rigorous assessment of the needs and potential interests of each individual in order to complement assessment material conveyed during the referral process. (A standard assessment methodology for the service will be prescribed)
- Agree an action plan and goals with each person
- Address the needs identified within the action / goal plan by:
 - Signposting to services provided by other organisations if the individual has the confidence, ability and willingness to engage with them
 - Introducing the individual to facilities and opportunities in the local community where these exist and are appropriate
 - Establish friendship or social groups wherever possible, on the basis of shared interests and a close proximity to the individuals own home

More information can be found on the Time for Life [website](#).