



# Spectrum

## Support Service

We provide support which is centred on the individual and is flexibly structured to meet the specific wants and needs of the person; whilst meeting the specification of the service purchaser.

In order to achieve the best outcomes for each and every individual, our aim is to understand their specific aims, goals and needs. We listen to the individual and refer to their person-centred plan to determine what these goals and aspirations are.

Sometimes, the individual approaches us with a specification of the service they would like us to provide. Alternatively, we offer an assessment process, which is completed alongside the individual, and in consultation with all interested parties, to design a person-specific service to best suit the individual.

We believe that everyone has the right to live their lives the way they choose, where they choose and with the correct level of support they need. We tailor flexible levels of support around the person which adapt and change as the person themselves changes and develops.

### Spectrum's Support Service Can Help to:

- Maintain a tenancy, by helping people to understand their rights and responsibilities
- Support individuals to develop, maintain and learn new skills
- Support with accessing relevant benefits and services
- Support individuals to access leisure and social activities in the community
- Enable individuals to take part in work and educational activities.
- Support with personal care and accessing health care
- Support with taking and managing medication
- Support with managing money
- Support with recognising and taking action around health needs



### Our Team

We have a fully trained and dedicated team, led by a Registered Manager. All our services for adults and everything we do is regulated and inspected by the Care Quality Commission.

The Registered Manager of the service is Justine Watkins. Justine is a Registered Nurse in Learning Disabilities and has accumulated 20 years' experience of working in a variety of Social Care settings from day services, residential, supported living, short break and respite to outreach.

### Referral and Assessment

If you think Spectrum could provide the right environment and support for you or someone with an autistic spectrum disorder or similar condition, then please contact us.

You can access our services: through your local health authority; doctor; social worker; or as the holder of your own personalised budget. We will be happy to discuss your needs and support you throughout the process.

If you are interested in discussing our services, please get in touch with us.

[www.spectrumasd.org](http://www.spectrumasd.org)

 [facebook.com/SpectrumASD](https://facebook.com/SpectrumASD)

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(Devon & Cornwall Autistic Community Trust t/a Spectrum)