



Do you or
someone
you know
need **sup-**
port in
order to
achieve a
better **qual-**
ity of life?

If so **Vela Microboards** N.I. Ltd
may be able to help.

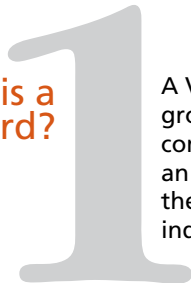
Vela Microboards N.I. Ltd is a regional voluntary organisation which assists in the establishment and support of small, individual, associations of close family members and friends, who come together to develop a support network with an individual person. (This association becomes the Vela Microboard). The Vela Microboard focuses on enhancing quality of life through the use of a person centred approach.

micro-boards...

Questions about Vela Microboards which are answered in this leaflet:

- 1 What is a Vela Microboard?
- 2 What is Vela Microboards N.I. Ltd?
- 3 How can Vela Microboards N.I. Ltd be contacted?
- 4 What are the principles of Vela Microboards N.I. Ltd?
- 5 What do Vela Microboard members do?
- 6 Who can sit on a Vela Microboard?
- 7 What is the process of establishing a Vela Microboard?

What is a Vela Microboard?



A Vela Microboard is formed when a small group (micro) of committed family and friends come together with a person to establish an association (board) that will address the person's needs in an empowering and individualised fashion.

What is Vela Microboards N.I Ltd.?

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Vela Microboards N.I. Ltd is a voluntary organisation, with charitable status, run by a Board of volunteers. The Board, along with any staff they employ provide direct, ongoing assistance to people who are interested in setting up a Vela Microboard and to all the Vela Microboards established in Northern Ireland.

As a charity, (reg. no. XR62733), we are constantly persuing funding to continue our ongoing work.

...can help
you achieve...

How can Vela Microboards N.I Ltd.be contacted?

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Vela Microboards can be contacted by phone, letter, e-mail or via their web site.

Vela Microboards NI Ltd, will strive to effect c
levels and, using person centred approaches,
encouraging the promotion and creation of n

...inclusion,



What are the principles of Vela Microboards N.I. Ltd.?

1. Vela Microboard members must have a personal relationship with the person for whom the Microboard is created.
2. Each person is assumed to be able to take decisions for themselves to some extent. This ability will be acknowledged, respected and demonstrated in all of the dealings of the Vela Microboard.
3. A person centred planning process is central to the ongoing work of the Vela Microboard.
4. All person centred plans are developed and implemented on the basis of creativity, innovation and empowerment.
5. All decisions made by a Vela Microboard will demonstrate regard for the person's safety, comfort and dignity.
6. All Vela Microboard members will conduct their Microboard business in the spirit of mutual respect, co-operation and collaboration.
7. All services developed and/or contracted by the Vela Microboard will be based on the person's needs, not availability of services. These services will be person centred.

change at policy, organisational and practice to enhance the lives of individuals by microboards throughout Northern Ireland.

What do Vela Microboard members do?



- Members of the Vela Microboard spend time with the person, be a friend.
- Vela Microboard members play a vital part in helping to plan, with the person, create supports and possibly arrange for the delivery of services.
- If the Vela Microboard decide to be accountable for direct services, they will be responsible for recruiting staff and will become the employer.
- Vela Microboard members ensure that the person has the opportunity to both receive from and give to the community, other individuals and their circle of friends.
- Members of the Vela Microboard should ensure that a person centred planning process is completed.
- This process will identify the person's hopes for their life and will enable plans to be made for the future.
- The Microboard members, individually and as a group, advocate on behalf of the person for whom the Microboard is set up.
- Members of the Vela Microboard ensure that the person's quality of life is enhanced and fulfilling.
- They have regular meetings to ensure that they are following plans that have been agreed.
- Many Vela Microboards find that they meet monthly during the early months of their development.
- Vela Microboard members will keep the person centred plan under review and ensure it is being carried out successfully so that the person's wishes continue to be addressed.

...respect,

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Who can sit on a Vela Microboard?

- Relationships are the most important component of a Vela Microboard.
- Any family member, friend or acquaintance who is committed to establishing an ongoing relationship with the person can sit on their Microboard.
- Five to seven people tend to be the optimum number on a Microboard.
- Professionals involved with the person cannot sit on the Microboard.
- Someone who is paid directly to support the individual cannot sit on the Microboard.

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Support for the concept and est
Vela Microboards NI will support the establish
microboard is a small individual association of
together to develop a support network with a

control & power

- 1 Obtain as much information as possible about Vela Microboards.
- 2 Contact the Project Worker, obtain further information and clarify any issues raised.
- 3 Identify people who may be willing to sit on the Microboard and ask the Project Worker to talk to these people.
- 4 Arrange for a person centred plan to be carried out. This will identify the person's own wishes and hopes for their life. Further information is available from the Project Worker or Social Services.
- 5 Establish the Microboard, with the assistance of the project worker.
- 6 Put in place the plan identified by the person centred planning process.

What is the process
of establishing a Vela
Microboard?



Establishment of Microboards
Establishment of Microboards throughout NI. A
of family members and friends, who come
an individual person.

View some of our online video success stories at www.velamicroboardsni.com



Person Centred Planning

PCP recognises that traditional models of planning for service provision have operated around the individual receiving the service, with family members and professionals (such as doctors, psychiatrists, support workers and social workers) making decisions regarding the types of support received. PCP offers an alternative to such models, striving to place the individual at the centre of decision-making. It is based on the values of human rights, independence, choice and social inclusion, and is designed to enable people to direct their own services and supports, rather than attempting to fit within pre-existing service systems.

...of your
life

CONTACT THE PROJECT WORKER AT

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