

# Facts for Families: Positive about risk

## Small, measured risks

At Dimensions we take the safety and wellbeing of the people we support very seriously and understand that this is a major concern for families too. No parent, relative or friend wants their loved one to come to any harm.

However, we also want the people we support to live fulfilling lives. The challenge is finding the right balance between what's important to people to help them achieve a better quality of life and what's important for them to ensure their safety and wellbeing.

We work to find solutions to risk that enables people to be safe and happy and use the available support to achieve positive results. We think it is good for everyone, including staff, to take small risks. For people with more complex needs this might be trying a new food or a different bowling alley, for others it might be learning a new skill or doing something like a sky dive for sponsorship.

For example, John likes to stay drinking until closing time at his local pub. What are the options here?

- Happy but unsafe  
Going to the pub with no support and drinking four pints.
- Unhappy and unsafe  
Drinking a six pack alone in front of the TV at home.
- Unhappy but safe  
Going to a special group in a distant pub between 6-8pm on alternative Mondays.
- Happy and safe  
Going to the local pub with support who helps stick to safe drinking limits.

People learn and develop through having the opportunity to take small, measured risks. We think it's good for everyone, including staff, to do this.

For example, we designed a thorough programme of learning so that a person we support could make himself a hot drink, now he can make a cuppa for his guests and he really enjoys being the host.

### For more information contact:

Family Helpline- available 10am –12pm,

Monday – Friday

Tel: 0300 303 9161

Email: [family.helpline@dimensions-uk.org](mailto:family.helpline@dimensions-uk.org)

## Proving life can get better

### How can you help?

Families are encouraged to take part in 'annual reviews' and 'planning live' where we review what your relative wants to achieve and what support they need to be able to do this safely.

It is important to establish the amount of risk everyone is happy with and determine an outcome to be achieved.