

Paces Conductive Living Adult Sessional

Our Conductive Living Adult Sessional Service provides regular weekly Conductive Education across adulthood for people with Cerebral Palsy and those living with the effects of a Stroke, MS, Parkinson's and brain injury.

We run both individual and group Conductive Education sessions between 1 and 2 hours weekly, fortnightly or in short blocks.

The highly specialised sessions teach adults to gain greater control over their movements which in turn leads to an increase in skills and overall confidence.

Find out more

Find out more by contacting:
Jules McDonald, our Adult Consultant Conductor, by calling
0114 551 0400 or emailing **Jules.McDonald@PacesSheffield.org.uk**



www.pacesliving.org.uk

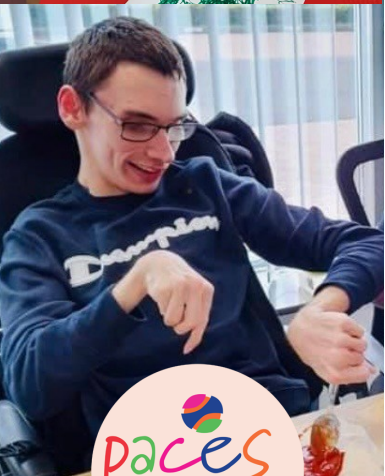


Paces has been providing exceptional specialist support for adults with neurological movement disorders for over 20 years.

It is our belief at Paces that every person has huge individual potential, and the right to specialised services that allow them to realise that potential.

We also believe that learning does not stop when you leave school and life-long learning is paramount to our entire ethos.

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Paces Conductive Living Adult Day Services

Our Conductive Living Day Provision provides expert support and education to young people as they progress through adulthood.

With Conductive Education at the heart of our day service it enables us to provide high expectations, levels of activity and participation for our attendees alongside tailored physical movement programmes to support them in maintaining a healthy body and encourage development of physical skills.

Our highly specialised Conductive Education approach allows us to raise the expectations and achievements of these individuals beyond what they, or others, may have believed was possible.

In our Adult Day Service, we offer:

- A tailored physical movement programme to support adults in maintaining a healthy body and to encourage development of physical skills.
- Supporting individuals with independent living skills including shopping, cooking, and household activities.
- Supporting individualised sensory needs and development of communication skills.
- A 'Work Life' enablement services providing individuals and groups with flexible workspaces including kitchen, IT and workshop facilities to allow for individuals to explore a broad range of enabled activities for either work or pleasure.

- A broad range of learning opportunities and experiences based on individual interests and needs.

In the future, we aspire to develop our offer further to offer new and varied enabled work programmes for young adults in the 18-25 age group.

Family Services

Paces also has a dedicated Family Services Team who support our children, adults, carers and families across all of the Paces Conductive Living services.

We offer support for all those accessing our services including:

- Information, advice, support and signposting to other services
- Information regarding support that is available for adults and families – including Parent to Parent support.
- Information and support regarding funding and financial help available to families and individuals
- Advice and support for transitions between adult services and for school leavers

Find out more

Find out more by contacting:
Darren Walker, our Adult Services Manager,
by calling **0114 551 0400** or emailing
Darren.Walker@PacesSheffield.org.uk

