

pamis

promoting a more inclusive society



A Scottish charity, PAMIS, solely supports people with profound learning and multiple disabilities (PMLD) and their families to lead healthy, valued and included lives.

Our services & commitments

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PAMIS ...

Promoting a More Inclusive Society

A Scottish charity, PAMIS, solely supports people with profound learning and multiple disabilities (PMLD) and their families to lead healthy, valued and included lives. With many years' experience in family support, inclusive practice, learning and development, research and campaigning, PAMIS understand the complexity of care and support required by this group.

People with PMLD are a group of individuals who have a profound learning disability, which means they require complex healthcare interventions. However, they also have unique personalities and the ability to amaze and inspire. Profound means deep, wise, expert and we recognise that people with a profound learning disability are some of the best educators that we have. They teach us how to care, how to act with compassion, how to communicate and how to work as a team. Their voice and that of their families is not always heard. PAMIS is working with them to change this, amplifying their concerns and innovative solutions to ensure that everyone is included within their communities.

Our families

For all of us, close family are very important to our well-being and happiness. To a child or adult with PMLD, their families also provides very significant levels of practical care and commitment, day by day, year by year. Research shows that, on average, these family carers carry out personal care tasks between

7-10 hours daily. Helping the person they love to enjoy life, and go out and learn new skills only begins once these basic needs have been met.



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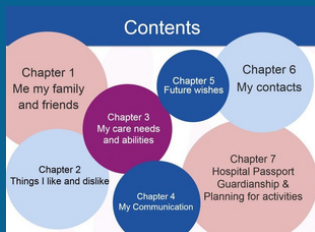
764+

families & carers
supported by
PAMIS

Digital Passport Lead:

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Family Support Service

There are designated Family Support Service Directors in Fife, Greater Glasgow & Clyde, Grampian, Clackmannanshire, Lanarkshire and Tayside. They are the main point of contact for families.

They offer:

- information and help on all aspects of the life of the person with PMLD
- commitment to develop opportunities for choice, inclusion and improved quality of life for children, young people and adults with PMLD.
- support to families in their own right as carers
- raising awareness to ensure that families' knowledge and expertise is recognised, their voices are heard, and their views taken fully into account.
- self directed support (SDS) general guidance.

There is no charge made to families for any of our core services. If you live out with the aforementioned areas please contact our Head Office.

PAMIS Digital Passports

Developed by PAMIS in partnership with people with PMLD and their family carers, a PAMIS digital passport is owned by the person and is offered by them to help support all aspects of their lives.

A PAMIS digital passport is particularly useful for people who have complex health or social care needs. Using video and photographs allow the passport owner to communicate clearly with those around them. Passports are used in many ways: describing complex care; use of equipment; showing different communication methods; postural care and positioning; social, emotional and physical care; communication of choices; and support for sports and leisure activities. It promotes knowledge-sharing and person led communication. Our unique, user-led digital initiatives have won awards including the 2020 Alliance Digital Innovation Award and were a contributing factor to the GSK Kings Fund IMPACT Award.



Inclusive Culture

The creative arts play a vital role in supporting the well-being of individuals and communities. Storytelling is at the heart of what PAMIS does. From creating multi-sensory stories personal to individuals, on a whole range of topics, such as support to help people with PMLD and those that care for them through challenging times, to learning opportunities through storytelling and drama, outdoor learning and supporting creativity. Inclusive culture and the arts offer people with PMLD increased opportunities to access and participate more fully in their communities. They promote increased access to improved emotional well-being, develops literary skills, teaches and opens up life-long learning opportunities. You can visit our dedicated 'Creative Arts' page for much more information: <https://pamis.org.uk/creative-arts/>



Practice Development and Inclusive Culture Director:

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Virtual Activity Programme

The Virtual Activity Programme developed by PAMIS was designed to support the physical and emotional well-being of families during COVID-19. The purposeful and meaningful activities offered in this programme provide opportunities for families to connect with each other. Click here to find out more: <https://pamis.org.uk/services/virtual-activity-programme/>

Inclusive Leisure

PAMIS aim to promote accessible leisure activities for people with PMLD. We are committed to developing communities where people with PMLD are able to participate and access cultural, leisure and recreational activities; where they can join clubs with others and make friends based on mutual interest and family carers are enabled to have family time. You can go to our website, follow us on Facebook or contact your local office to find out what is happening in your area. Activities include Sporting Opportunities for Motor Activities (SOMA) adapted skiing and bikes and much more.



Fife Inclusive Leisure & Culture Programme Development Officer

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Wildhood Festival

Transitions (early years and child to adult)

The transition from children's services to adult services is particularly complex for young people with profound and complex learning disabilities. Supporting young people to access a life they choose, doing the things that are meaningful to them as well as ensuring they have appropriate health and social care support and interventions is complex. PAMIS provide support through these social and health transitions and also ensure that aspirations of young people with PMLD are heard nationally so that appropriate innovations are developed for them alongside their peers. Contact your Family Support Director for more information.

Research

Research is core to the work developed by PAMIS and we actively contribute to and collaborate with national and international research. We are committed to undertake research that has been identified by family carers as being beneficial to contributing to the advancement of the health, well-being and education of their child or adult. We facilitate the involvement of family carers and people with profound learning and multiple disabilities within research projects.

Learning and Development

PAMIS is committed to sharing the expertise developed through working with the experts in this area, the people with PMLD themselves and their family carers. Our model of education ensures that family carers and people with PMLD are valued for their role in educating others and our learning and development is co-facilitated or co-developed by them. We are passionate about the education of the next generation of the health and social care workforce and provide practice placement experiences for a wide range of students including social work, occupational and physio therapy, nursing, and more! Our expert educators, those with PMLD and their families, are supporting the development of a workforce who will understand how to work collectively to transform lives and ensure everyone is included within the communities they choose to live in.



**"A small charity
punching well
above its weight."**

Judge | GSK Impact Award



**"PAMIS have made a big
difference to us again
this year, even more so
in these exceptional
circumstances."**

Connect with us



@pamisscotland



@PAMIS_Scotland

If you would like to sign up to PAMIS' latest news please register here:
<https://mailchi.mp/f668afefccca/keepintouchwithpamis>

PAMIS Courses and Training

Our range of courses also support family carers, paid carers and practitioners caring and working with people with PMLD to develop skills, knowledge and values that enhance the care they provide. We have an increasing range of topics which include:

- SQA Level 6 Emergency First Aid at Work with
- PMLD Specific Information
- Understanding Communication and Behaviour
- Introduction to Multi-Sensory Storytelling
- Introduction to SOMA - Sporting Opportunities for Motor Development
- Postural Care
- Intensive Interaction
- Sensory Integration
- Bereavement and Loss
- PAMIS Digital Passports
- Welcoming Changing Places Users to Your Venue
- The Imagination Toolkit

<https://pamis.org.uk/services/training/>

Postural Care

People with PMLD are at risk of their body shape changing due to their limited ability to move and change their own positions. This can lead to hip dislocation, scoliosis and contractures of joints, which can impact on social and emotional health, eating, drinking, breathing and digestion. More information on our website: <https://pamis.org.uk/services/postural-care/>. PAMIS has been working with family carers and Allied Health Professionals to bring learning opportunities and information resources to everyone involved in caring for someone with PMLD, while influencing practice development across Scotland.



"I'd been involved with physiotherapy since my daughter was 6-months old. I assumed I knew enough about postural care, I was wrong." Kara's Mum

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Postural Care Lead:

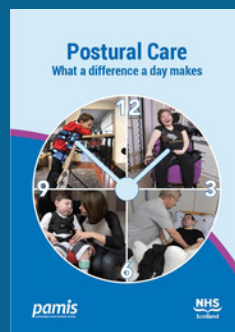
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Postural Care Education Lead:

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Changing Places Toilets (CP)

Changing Places Toilets are essential to people with PMLD and allow them to access their communities. These toilets include an adult-sized changing bench, a full room cover tracking hoist, peninsular toilet and privacy screen. This larger facility, 4 metres x 3 metres, is in addition to an accessible toilet that serves a different population. The space allows for the additional equipment and carers required to provide personal care in a safe, dignified and respectful manner.



Changing Places
toilet logo



example of a CP toilet

PAMIS are co-founders of the UK Changing Places Toilet campaign and co-chair the UK Changing Places Toilet Consortium. The Consortium campaigns throughout the UK and beyond for Changing Places toilets to be provided in all public places, including city centres, shopping centres, railway stations, airports and leisure complexes. Follow them on facebook.

The Pamiloo is a PAMIS mobile CP Toilet and can be driven to events and venues to make them more accessible. It has a changing bench, tracking hoist and toilet. It also has mains electricity and an electric ramp at the rear of vehicle. If you have an enquiry contact: leanne.colston@pamis.org.uk.



260+
Changing Places
Toilets in
Scotland

Facebook: [@pamilooCP](https://www.facebook.com/pamilooCP)

Contact our CP Team:

Fiona Souter and Laura Rutherford

E:changingplaces@pamis.org.uk

Find at toilet using the map:

<https://changingplaces.uktoiletmap.org/>



Add a sub<https://www.youtube.com/watch?v=kbOkYhbP4LI&feature=youtu.beheading>

PAMIS Breaks

We know how important a break away with the family can be and how limited the options are for families who need adapted accommodation. In 2018 we launched PAMIS Breaks after being kindly given a caravan at Haggerston Castle Park in Berwickshire, and the use of a beautiful Coach House in Aberfeldy.

For booking enquiries please call Leanne Colston or email leanne.colston@pamis.org.uk

More information can be found on our website:
<https://pamis.org.uk/services/family-support-service/pamis-breaks>



Volunteering

PAMIS is passionate about involving volunteers as they play a vital role in sustaining and enhancing our role and bring something unique to our organisation.

Contact Alice Wilson: alice.wilson@pamis.org.uk if you want to chat about volunteering opportunities.

Volunteer Strategy Mission Statement:

to provide a valuable and meaningful volunteering experience within a supported and dedicated team.



Fundraising

We continually fundraise to support our services. We can support your fundraising efforts in many ways so if you have any questions please get in touch for a chat. Contact Fiona Harper at fiona.harper@pamis.org.uk.

<https://www.justgiving.com/pamis>

