

## **INTRODUCTION**

At The ACT Foundation, we believe that people living with a mental and/or physical disability or a long-term illness should have the same choices, quality of life opportunities and aspirations as others. To help us achieve this goal we provide financial support to several charity partners who, through their day to day operations, strive to bring about transformational change to enhance the quality of the lives of people in need.

We like our grants to have a significant impact across one or more of our 4 life “themes” and priority is given to organisations that clearly demonstrate this within their application for grant funding. Our themes are broad ranging and we support a number of activities within each theme. In your application we ask you to select the theme you believe best fits your grant application and to provide us with a detailed brief of the outputs and change you hope to bring about with our support. To help you, we provide a brief description of each theme below and some examples of the outputs/services that you will be able to deliver with our grant support:

### **TRANSITION**

Transition is a journey through education, training or personal development into employment, long-term volunteering or other meaningful day time activity, leading to independence, affordable housing and/or supported living. We want our grants to work towards these goals by providing the fundamental life skills and infrastructure necessary to allow people to reach their full potential in all areas of life and to become a valued member of their local community.

An example of some of the outputs we would expect to see from our grant support across this theme:

- education, training, coaching and development to promote independent living and/or support to help people into paid work, vocational services or volunteering
- affordable housing and/or supported living in the local community
- day services supporting people with general life skills e.g. computing, cooking, arts and crafts.

### **INDEPENDENT LIVING AT HOME**

People living with disabilities and/or long-term illnesses prefer to live independently at home. It creates less stress and anxiety and generally aids their overall health and well-being. In this theme we are looking for charity partners that need funding to support people who wish to remain living in their own home for as long as is practically possible. Grants should help support:

- safe and independent access around the home
- equipment to aid getting in and out of chairs, beds and bathrooms easily and independently
- communication and access to the external community
- people to go outside, use community facilities and generally enjoy and feel part of family life

## **HEALTH AND WELLBEING**

In this theme we are looking to support partner charities in providing access to community facilities offering support services that maintain, improve and advance the health and welfare of people living with disabilities and/or long-term illnesses.

Grants will support:

- information providing, guidance, advice, training and moral and emotional support to individuals and their families and carers
- centres that provide clinical services including therapies and medical provision (e.g. physiotherapy, oxygen therapy, pilates etc. access to counselling and early intervention services
- independent hospices and care homes

## **RESPIRE**

Through this theme we wish to recognise the fantastic and hugely important work undertaken by the family care giver. The physical, emotional and financial consequences for a carer can be overwhelming without some support. We are looking for partner charities providing facilities in the UK where either the person living with a disability and/or long-term illnesses or the individual caring for them can go to access sports and leisure activities or simply enjoy fun, friendship and the opportunity to socialise and share with others who may be in a similar situation.

Taking a short break from the responsibility of caring for a loved one or being afforded a break with the knowledge that the person they care for is being well looked after at a safe and caring specialist respite provider, will ultimately prove to be beneficial to the health and well-being of the family caregiver.