

## Recovery, community integration and support

If recovery is about helping clients to discover their own goals and their potential despite the difficulties caused by their mental challenges, then befrienders or flexicarers are well placed to work with clients to help them do this. In particular they help identify the steps necessary to achieve these goals and support clients throughout the process of working towards them.

Community integration is a key aspect of meaningful recovery. Flexicarers work with clients on a one-to-one basis in their own homes and in the community, supporting clients to use the same resources and take the same opportunities as everyone else. It is perhaps because of this focus on supporting people to reconnect with "normal" communities, and to find meaningful occupation, leisure or other activity, which has the greatest impact on the client's perception of their well-being.

This support is provided by dedicated flexicarers who are carefully matched with individual clients, taking into account individual interests and cultural needs, and who together embark on a journey toward recovery and a better quality of life.