



# County Durham Families Information Service



## Real Life Options - Durham

Real Life Options is a registered charity supporting people with learning disabilities or autism to make choices and live their lives as they choose. We can provide support in care homes and private homes across, including everything from a few hours help each week, up to 24 hour support.

You could be on a direct payment or individual budget. You might be living in a care home, private home or shared home, or you want day services or support for a short break. Whatever your situation and preference, we can use our flexible and creative approach to meet your individual needs.

### When is it on?

**Session information** 24 hours a day  
7 days a week

### Who to contact

**Contact name** Bernice Holohan  
**Contact position** Service Manager  
**Telephone** 01642 636 602  
**E-mail** [bernice.holohan@reallifeoptions.org](mailto:bernice.holohan@reallifeoptions.org)  
**Website** [www.reallifeoptions.org](http://www.reallifeoptions.org)

### Where to go

**Name** 4  
**Address** Innovation Court  
Yarm Road  
Stockton on Tees  
Cleveland  
**Postcode** TS18 3DA

### Other details

**Cost description** Hourly rates are negotiable depending on need and number of hours required.

**Referral and availability notes** We support people who:

- have various levels of learning and physical disabilities and support needs
- have multiple disabilities
- are described as challenging to services
- have an autistic spectrum disorder
- have head injuries or brain damage

### Disclaimer

**Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.**

Call the Families Information Service: **03000 269 995** or email: **[fis@durham.gov.uk](mailto:fis@durham.gov.uk)**



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