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## What the Team Say About Alastair

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# Alastair Minty

Alastair is hugely compassionate about injustice and actually does something about it! He likes to ask "what will it take to make this happen?".

Alastair is a very kind and thoughtful person and always one of the first to offer support to others.

He is very creative and always thinking of new ways and ideas which will help make the biggest impact in improving the way supported people and their families can live the best lives possible. His commitment and dedication of this is shown through his involvement with New Routes Home.

Alastair is happy to explore ideas on self-directed support and other areas of work, and is always keen to keep learning and put ideas into practice.

## About Alastair

Alastair joined as a member of staff with In Control Scotland in 2019, although he has been an Associate working with us since 2010. Alastair has most recently been an independent consultant, trainer and facilitator based in Aberdeen and working across Scotland. He has worked in the Health and Social Care sector since 1987, first as a Learning Disabilities Nurse supporting people to move to the community, since then working mostly in the Voluntary Sector, with a range of roles. He has always been an activist, pressing for people's rights and the development of more progressive support options. Having a better balance on discussions about opportunity and risk is a particular area of interest for Alastair and he was involved in co-writing a paper on Risk Enablement for In Control Scotland.



## People living their best lives

Alastair lives in Aberdeen with his wife and loves spending time with his two daughters, and time outdoors with his dog.