

SENAD Community

Case Study

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At the age of 18 months she sustained an acquired brain injury as a result of a road traffic accident. She was 16 when we first started supporting her, she was reluctant to communicate with others, withdrawn and wouldn't leave the house. The care plan was designed to build her trust and confidence and to encourage her to focus on what she can do.

Over time we developed a trusting rapport with her and encouraged her to engage with her support worker. It became apparent that she was struggling to live in her family's busy home, creating a living situation that was tense for both her and her family. We spoke with her and her family and agreed that she should go and live with her grandparents. We supported her through this change and moving forward.



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Before turning 18 years of age she moved into her own home, where we supported her for 24 hours a day, with a step down support programme aimed at helping her to learn how to live independently i.e. shopping, cleaning, day to day living and finance and budgeting. She started attending a short college course but unfortunately the course wasn't for her, so we supported her in looking at other options. She also attended work on a voluntary basis which really increased her confidence and enabled her to join her local gym.

She also decided to start taking driving lessons. So we assisted her on finding an instructor. After 3 years we supported her in her search for a new home. With her confidence increasing we slowly started to reduce the hours of support we gave her to 3 hours a day, but she still was anxious sleeping alone.

Rather than increasing support immediately at night we talked with her and she suggested getting a pet, which we supported her to look after, but which gave her the company and security she needed to help her feel less anxious during the night.

Since working with her she has gone from a girl who would not leave the house and speak, to a young lady who is now a fully qualified personal trainer and whose confidence and social skills have developed beyond expectations. She has now completed her personal trainer course and is now currently looking for full time employment. We no longer support her as her family provide the few hours of support she now needs.