

A Case Study

My name is Robert

I was born in Wellesbourne in 1975. I have been living in a lovely two-bedroom bungalow in Warwick since June 2019.

I love music, especially Michael Jackson songs. I usually sing along to any song which I hear from television or anywhere. I can learn the songs easily.

I like dancing and I do dance very well! I enjoy doing rhythms with staff. I am very good at rhythms!

I enjoy watching ITV channel. I know the names of the programmes on ITV. I can even tell the names of the presenters!

The television should be on all the time except for the nights, even I am in my room. Because I like to listen to the sound of the TV.

I like sticker books. First it was very difficult for me to match the stickers but now I feel more confident with matching them.

I also write my name on the books and fill the gaps with the correct words.

I like colouring. I like to colour the colouring sheets. I am very good at colouring. I don't like to colour the colouring books.

I like to spend time in the garden when the weather is good. We do some physical exercises such as raising hands up and down, we step the pavements in the garden by counting.

I know most of the flowers' names in my garden. I sometimes brush the garden.

I like to see the staff's names on board. Sometimes staff ask me to write their names on board.

I call the names by adding "Man" or "Lady" before their names. And I like staff to call me "Man Robert".

The date should also be written on the board.



I sometimes play board games with staff. My favourite one is Snakes and Ladders. I also like to play Frustration game which is on my bed. It is a gift from my sister.

My sister and her husband come to visit me. They always bring me some gifts such as chocolates, hot chocolate, colouring activities...

I can shave my beard. It sometimes takes two hours to have a shave but I enjoy it. I usually have a shave in the living room. I sing, dance and watch TV while having a shave. This means I have a shave when I am happy!

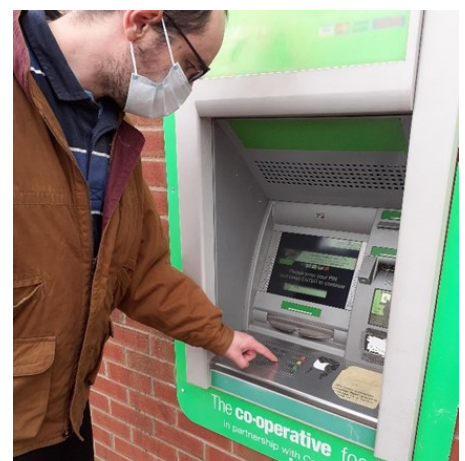
I ask staff to cut my hair. First I wash my head – I do not like to have a shower-and then I prepare the hair clipper.

Staff tell me to wash my head after cutting but I do not listen to them.

I like to go shopping when I feel happy. I usually go to Co-p with my staff. Most of the Coop staff know me. They are very warm and helpful people.

Before leaving the house, I check the time and leave the house at “exact” time. Staff give me enough time to prepare myself. Staff ask me to choose the way and I lead them. I use different ways to go to Coop.

I choose what I need, put them into the shopping basket and take the basket to the till. I like to talk to the cashier and to read their names on their staff badges.



What our team say.....

We started supporting Robert in 2019 following concerns regarding his physical and mental health after a short spell in hospital. He had not accessed the community in a number of years and was struggling to take care of himself.

In the last 3 years Robert has been supported to obtain his own bungalow, form relationships with staff and his community. Robert has also been supported to maintain his good relationship with his sister and celebrate the birth of her baby.

Roberts physical and mental health has improved significantly. We have been able to reduce the amount of hours we support Robert as he is now much more self sufficient and able to manage tasks around the home and essentials of his personal care.

