

## **Case Study R**

R is a young man, who lives in the family home with his mother (carer) and his father who works full-time. They live in accommodation which meets R's needs. Family are an important part of R's life and they support him with most of his care needs.

R was born prematurely, which resulted in him developing Chronic Lung Disease (CLD) and delayed development. The CLD causes R to have shortness of breath and he becomes easily fatigued. He finds the CLD impacts significantly on his daily life routines. R is dependent on oxygen on a daily basis. R is able to walk short distance independently and uses an attendant-propelled wheelchair (WC) for longer distances. R was also diagnosed with Crohns Disease at the age of 16. He finds this condition can be very embarrassing at times and it has a negative effect on his overall self-esteem and emotional wellbeing.

R did study at College; he enjoyed studying although he constantly found juggling the academic side of things and coping with his illnesses very demanding. R received support from Classroom Assistants both in school and college.

R was known to Children Services before transferring to Adult Services. He used to receive support from a Disability Support Worker through Day Services. R's experience of the support was that it was inflexible and there was lack of choice of who supported him.

During an annual review the Direct Payment Scheme (DPs) was discussed with R and his mother; and the family haven't looked back since. Over the last several years R's DP has increased from the initial 4 hours to 10 hours. It supports R to achieve his ongoing outcomes. It also provides R's mother with some valuable respite time. Additionally it provides the family with peace of mind that R is safe with people they trust.

R's DP is very important to him since it provides him with independence outside of his family networks. R feels DPs facilitate in him being able to take control of his own life providing him with flexibility and choice and giving him autonomy.

R uses his DPs to prevent social isolation which was a big problem he experienced after leaving full-time education. R is now able to access activities of his choice which contributes to R developing life skills, such as developing independence skills, organising his own time management, developing confidence skills and being able to advocate for himself.

R has been pro-active in finding and employing his own PAs. He now feels confident enough to engage in this without support. R enjoys having choice and control of who can support him and most importantly when.

The Direct Payment Scheme had made a marked improvement of on the quality of life that R now has. This in turn has a beneficially effect on his family who continue to support him with the day-to-day tasks he cannot do himself.