Learning Disabilities - Case Studies

Case Study # 1

Shirley leads a busy life: she volunteers for a day a week at a local hair salon, greeting customers, making tea, and sweeping up. Three times a week, she does voluntary conservation work in Burton Joyce. On the days when she’s not volunteering, she attends a day centre, and enjoys going shopping in the city centre – including the occasional pub lunch with her friends!

Shirley is one of around 1.5 million people in the UK who have a learning disability. People with learning disabilities can have difficulty understanding new or complex information, learning new skills, and coping independently. But as Shirley demonstrates, this doesn’t mean they can’t make a contribution to the lives of those around them. Shirley lives at one of our supported living properties in Nottingham’s Arboretum. Her support worker, Sophie, says, “Shirley loves to get involved in the community, and is always enthusiastic.”

Through our continued work providing supported living accommodation for people in Nottingham, we are encouraging them to gain confidence and to find ways to become part of their local communities. When people come to our supported living centres, we work with them to create a support plan that reflects their needs and ambitions. Shirley is a
fantastic example of someone we support taking great enjoyment from their new independence and finding lots of ways to achieve her goals.

**Case Study # 2**

After a personalised assessment of his needs X was allocated 2 hours of floating support a week there were concerns that x was not managing very well. He has a close family who were very worried about him.

With regular support x managed his money effectively. The support worker identified a component in his benefits that x had not applied for. The support worker liaised with the benefits agency and x got a large amount of money which had been back dated. He responded well to a budgeting plan and now has a savings account. Over time he cleared his debt, direct debits were set up and x is fully aware of their income and outgoings. X has managed to replace his very noisy fridge freezer and buy himself a new mattress, duvet and pillows and a new carpet.

It was identified that x enjoys playing pool so with support x joined his local pubs pool tournaments. He attends twice a week. With support x joined a community adult class doing pottery. He attended this once a week and takes pride in showing the support worker and his family his creations which he is able to bring home. Initially, support worker attended once with him then x felt confident enough to go independently.

With support x set up a time table for cleaning duties. He stuck to this and managed to maintain his flat independently. X has told support worker he feels more confident now and enjoys his life. He has recently purchased sky and enjoys watching sports.

At a recent review the social worker thanked the support worker and the family stated “thank you so much it is like he is a different person he seems to have grown up.”