



Supporting Daniel in the Community

Daniel is a young man who was affected by anxiety and who lacked confidence in making every day decisions. Visits to the doctors or to get a haircut became overwhelming issues to the extent that Daniel disengaged from health care services and the wider community. Daniel's parents were concerned about his wellbeing and his future.

How we supported Daniel

Daniel is comfortable with a structured routine. His support team looked at ways to encourage him to discuss and consider activities he might enjoy but in a planned and structured way. This allowed Daniel to consider doing new things over a period of time and at his own pace to help develop greater independence.

When reviewing his support plan, Daniel surprised his staff team by saying that he wanted to try visiting different locations. Daniel has established good working relationships with people within his support team. They know him well, understand the way he communicates and support his choices.

As difficult as lockdown restrictions have been, Daniel has used the opportunity to explore new places to visit that were open and not busy. Daniel thoroughly enjoys going for long walks along the riverside, taking in the sights and talking about nature.

NB - Name changed for confidentiality purposes

Enabling people to achieve their potential



What difference has this made?

Daniel has made massive steps towards greater independence and is now much less reliant on his parents for support. He has the right level of support that enables him to plan a schedule in a way that suits him. Visits and trips are no longer a worry for Daniel or his parents, who in recent years have been able to go on holiday knowing that he is happy and feels safe in his own home and in the community.

Daniel's mum is delighted with how much his confidence has grown and loves to hear him talk about the new places his visits. **"We are so proud of Daniel and appreciate the support he receives."**

