



Supporting Jonathan in his Home

Jonathan is a young man who is supported by Real Life Options. He has cerebral palsy and shows some behaviours of concern that his support staff have been working with him to help him manage. Jonathan suffered from sleep disturbances that could prevent sleep for several nights and this would cause him to be even more distressed and prevent him from wanting to engage with any activities in his home.

How we supported Jonathan

Our **Person Centred Support and Enablement (PCSE)** team worked with Jonathan and his team to identify the types of activities that he would enjoy. It was felt that improving opportunities to participate in day to day activities would add to greater engagement and improved wellbeing.

Jonathan's staff team knew that he enjoyed food, but he was not involved with making it and he didn't eat with anyone else. They supported him to make his own sandwiches by learning the order of the steps and using hand over hand to make the sandwich.

A ball pool with mood lighting and music that Jonathan can control himself was installed as a way of providing a calming and fun place for relaxation and distraction. He also has a mobility car which gives him the freedom

NB - Name changed for confidentiality purposes

Enabling people to achieve their potential



to explore his wider community and to maintain relationships with family.

What difference has this made?

Jonathan now has fun getting involved in making his sandwiches. He enjoys this activity, as well as sitting down to eat with other people for his meals.

Now he is more involved with activities in his home such as this, he rarely shows any behaviours of concern. He is also sleeping much better which means he is keen to join in with activities again the next day and spend time with other people.

