



Supporting Justin at home and in the garden

Justin is an older gentleman who relies on a wheelchair for mobility and does not communicate verbally. For many years, Justin has experienced cyclical sleep disturbances which after several nights without rest can cause him extreme distress and to self-harm.

To improve Justin's sleep patterns and minimise such incidents, Justin was prescribed medication. Justin's circle of support were keen to find ways to support greater involvement in his day to day life to improve his mental health and wellbeing.

How we supported Justin

As Justin enjoys nature and being outdoors, his staff team felt that growing his own vegetables would be a good starting point in enabling greater participation at his home. The **Person Centred Support and Enablement (PCSE)** team spent time with Justin to track his levels of engagement and worked with him and his staff team to develop opportunity plans - introducing techniques such as hand over hand support - to encourage Justin's participation and active involvement.

Justin has fully embraced this activity and is involved at every stage from planting and watering the seeds, to digging up the vegetables once they have grown. He has even eaten the vegetables as part of a meal

NB - Name changed for confidentiality purposes

Enabling people to achieve their potential



with his housemates. To increase further independence, staff have encouraged Justin to buy a houseplant to look after in his own room.

What difference has this made?

Justin is more actively involved in his day-to-day life and in activities that he enjoys. His relationship with his staff team is flourishing. He is now engaging with staff differently, including establishing eye contact and responding to his name. Whilst Justin is still experiencing disordered sleep, alternative protocols are now in place that have removed the need for sleep medication which is better for his general health and wellbeing.

