



Supporting Luke to have a Voice

Luke is a young man in his early 30s who is full of laughter and smiles. He is supported by Real Life Options to achieve his potential. In the past, Luke had been diagnosed with a severe learning disability which had led to perceived barriers to greater independence and participation in his day-to-day life.

Luke uses a wheelchair and is non-verbal – he communicates through facial expressions, laughter and crying. In the past, Luke would happily watch TV to distract from any tasks being offered to him and therefore had little involvement in activities around the home.

How we supported Luke

Our staff looked for ways to improve Luke's independence and increase opportunities to be involved in different activities. They focused initially on capturing Luke's voice and opinions. They worked closely with Luke to enable him to communicate what he would like to do. By 'listening' to him, they then encouraged him to learn new skills in his home so that he has more control over his day to day life.

He has learnt to drink from a cup independently and feed himself with a spoon, which he was relying on staff to help him with previously. Learning these skills has increased Luke's confidence and shown him that he can achieve more than he realised.

NB - Name changed for confidentiality purposes

Enabling people to achieve their potential



He has been supported to broaden his communication so that he can show and 'tell' staff what he wants to do. He uses objects and photographs to communicate, in addition to facial expressions.

What difference has this made?

Luke is no longer watching TV while his staff team carry out tasks in his home. He gladly joins in and communicates with his support staff what he would like to do. He now enjoys getting involved with shopping, meal preparation and cleaning his home.

Luke has reconnected with his family and they are as delighted as Luke is when they see what he has achieved in such a short time.

