



Supporting Nadia to be more Independent

Nadia is a lady we support who has become increasingly dependent on support in all aspects of her life. She has severe cerebral palsy and very limited movement, which in the past has meant she has not had much involvement and has limited independence with every day activities in her home.

How we supported Nadia

Our support team wanted to ensure that Nadia had more opportunities to participate in activities within her daily life. The team worked closely with Nadia to discover her capabilities and used this information to plan how she could participate in tasks and activities. The team established that if something was placed in Nadia's hand then she could hold it. She was also able to point at things and press buttons.

Our staff used this information to make sure Nadia could have as much independence and choice as possible. The team supported Nadia at her own pace so that she didn't get overwhelmed or too tired. They helped her to make choices by pointing at a picture of an activity she wanted to do and they supported her to bake cakes.

NB - Name changed for confidentiality purposes



What difference has this made?

Nadia now chooses how she spends her leisure time by pointing at her preferred card which displays an activity. She enjoys spending time in the kitchen and her favourite activity is holding the electric whisk to make cakes.

Nadia's team and family have told us that she is more alert and is participating in many day to day activities. She holds her own spoon, cup, toothbrush and hairbrush. She now has control over how she spends her time and is less dependent on others to do certain activities.

Enabling people to achieve their potential

