



Supporting Phil's Mobility and Wellbeing

Phil is an older gentleman who has severe learning disabilities and mobility challenges. He rarely joined in with day to day activities and got to a point where he relied on his wheelchair to get around his home.

Phil began experiencing poor sleeping patterns which affected his moods. His care team did not want to cause him more distress by asking him to get involved with tasks in the home.

How we supported Phil

The Person Centred Support team together with his staff team, worked closely with Phil to help him to realise his potential. Together with Phil and his family, the support team identified a number of smaller activities that might interest Phil and open up the doors for active participation.

This began with supporting him to go to the laundry room in his wheelchair, carrying his laundry on his knee. The team wanted to explore whether Phil's reliance on his wheelchair may be a habit, so they regularly encouraged him to take several steps before sitting in his wheelchair.

What difference has this made?

Phil was able to gradually build up the activities he participates in around his home and he now enjoys helping to make his bed, taking his clothes to the laundry room and

NB - Name changed for confidentiality purposes

Enabling people to achieve their potential



mopping his bedroom floor, hand over hand. Encouraging Phil to take a small number of steps has enabled him to build up the strength and confidence to walk short distances around his home. He now walks to the dining room at mealtimes and sits in a dining chair instead of his wheelchair.

Phil's sleep has improved since the opportunity to participate in his day to day life has increased. He now has a regular sleeping pattern and goes to bed independently.

Phil is a happier, more confident man due to having greater independence. He is more engaged and sociable in and outside of his home. He communicates more with staff and he rarely becomes distressed.

