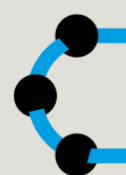




ADAM'S STORY

A look at how Adam has been supported by iDirect to meet his desired outcomes through the use of an Individual Service Fund.

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ADAM



A BRIEF LOOK AT ADAM'S LIFE...

Adam is 38 years old and has been supported by iDirect since 2021 in a house he shares with three other friends. Adam has a learning disability, cerebral palsy and struggles with depression. Before we began supporting him, he spent over two months in bed due to a depression and a fear that he would be 'locked up forever' by someone.

Adam's relationship had become very strained with his mother, who he lived at home with. This was due to his low mood and his mum being the closest thing to him. Mum said

"Adam struggled so much with the concept of leaving home. I knew he would fly and had to stick to my guns, even though I was watching the slow decline of his mental health. It was an incredibly difficult time for Adam, who withdrew in to himself and didn't speak for 5 months.."

We were able to provide the gentle support he needed to ensure his transition went at his pace, and that as time oved on, that his hours were flexed to suit his needs. Adam was able to build positive relationships with his staff; something that is due to the person-centered planning required with an ISF. Through this process Adam was involved in recruiting the rest of his staff once he had met and developed a good relationship with the first person, he met to help him with his transition and planning.

Adam has been able to learn many techniques and skills to help him live independently, and is enjoying his new independent living. In such a short space of time, we have been able to support Adam to meet many desired outcomes - both personal and ones identified by the local authority.



OUTCOMES

INDEPENDENT SKILLS

Adam experiences a lot of difficulty in completing household tasks, due to the left-sided hemiplegia he experiences which significantly affects the strength and grip in his left hand. He has always had a keen passion for cooking which he was unable to do independently, so relied on support staff for this. However, he was able to utilise his budget in order to obtain some assistive technology which enabled Adam to complete a lot of these tasks independently - this has helped his confidence and allowed him to develop his skills through engaging in activities that are meaningful to him. This Christmas, Adam even cooked his family a meal on his own!

Adam has a big passion for cooking so this has been important for him to develop his confidence to allow him to indulge in his passion - Adam has shared how pleased he is to be able to do this.

Adaptions have also been made to his shower which allows him to completely manage his own personal care in a safe way. Again we see these skills being an important part of people feeling empowered and their confidence increasing, which has a positive impact in other areas of their lives.

PAID EMPLOYMENT

Adam has also been able to use the flexibility offered by an ISF to gain confidence in other areas, in which he now does not require support with. For example, Adam used to require support to attend his job with him, which then decreased to support to and from work and now he independently does this all and can utilise the support hours elsewhere or use the budget for something different - whilst successfully maintaining paid employment!

By doing this, Adam now used his hours for three longer days of support per week, which has allowed him to engage in more meaningful activities, such as day trips and visiting museums. He finds this really beneficial, as it allows him to visit places he wants to which he could not do when his support was spread over his work.



RELATIONSHIPS

Another thing that Adam identified as being an outcome he'd like to meet, was to find a girlfriend, In 2021 Adam achieved this! Adam flexed his support hours to enable him to have support to attend an iDirect party, where he met a woman who he is now in a happy relationship with. Adam wanted support that day as it was the first party he would attend, and otherwise would not have attended.

Adam is still in a happy relationship with the same lady today, and they are excited to plan the future together! The next goal on the cards is a weekend away!

Other important relationships in Adams life were strained before he moved home. In particular, the relationship with his mum. Adam lived with his mum and relied heavily on her for support. She also found herself being the target of verbal harassment due to the troubles he was experiencing. The relationships have all drastically improved, his mum said:

"What a transformation! iDirect came on to the scene, they saw how much he was struggling, and when they said "we'll bring him back" I cried. So gentle, so kind.

At last, Adam courageously put his hand out for help and before too long, with the guidance and support of those around him, he knew he could make the transition from home to his new home.

This was the opportunity of a lifetime. With the support of iDirect, I can now be a mum and not a carer, safe in the knowledge that Adam is well cared for."

Here is another example of how the use of an ISF and correct support can provide not only positive outcomes for the people we support, but also for their family members and carers too - through their reassurance that the person is receiving the right support, and also from the respite received due to support being in place - oftentimes taking the sole responsibility away from them which helps move their relationship from a 'carer/patient' one to something more appropriate and enjoyable for all parties..

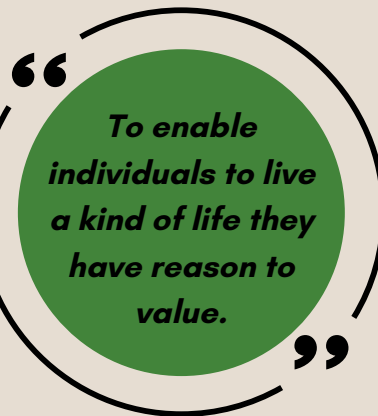
SOCIAL LIFE

Adam has utilised his support in order to gain confidence in social situations that he would otherwise not feel comfortable in. This has meant he has attended new groups, met new friends and generally finds it easier to socialise with others. This was an identified outcome for Adam which we can also celebrate him achieving!



COMPANY DETAILS

We are iDirect Independent Living. We are an organisation, founded in 2014, who now support nearly 50 people across Dorset, Wiltshire and Hampshire. The people we support have a learning disability, autism and/or mental health needs. Our vision is simply:



We strive to enable people to pursue active and fulfilling lives, gain increased independence and achieve equal rights as citizens. For the past 8 years, we have been working towards greater choice and control for the people we support through offering self directed support options.

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