

Support plan case

Adele, 13 years old

Adele likes outdoor activities, good food and watching Finnish TV shows. She loves spectator sports and wants to see all the sporting events shown on TV. Adele shows her support for Finnish athletes by wearing lots of Finland-themed clothes. She likes listening to music and usually recognizes all Finnish songs right from the first notes.

Support needs: Learning disability and cerebral palsy, which cause Adele to be completely dependent on other people's help and support. She can barely use her hands and can only walk using a walking frame. Adele has severe epilepsy that requires her condition to be monitored frequently during the night.

Current situation: Adele goes to comprehensive school. She lives at home with her parents and her big sister. Both of her parents go to work, but her mother has reduced her work hours so that she can see Adele off to school and be there when she comes home. Adele has been taken to an institution run by the city for the weekend once a month so that the rest of the family – especially her parents – can rest every once in a while.

Adele dislikes the institution, and she always cries when her family leaves. Adele's parents feel guilty for sending her to the institution for the weekend, and they cannot really rest or relax because of this. They are starting to be at the end of their rope, and they have both been on short sick leaves because of this. In addition to feeling guilty for sending Adele to the institution for the weekend, they also feel guilty for not being able to give enough attention to Adele's sister.

The whole family has been unhappy with the situation for a long time. The parents have tried to find different ways to help and support Adele, but all the alternatives cost too much given their financial situation. The city, on the other hand, cannot provide any other services besides accommodating Adele at the institution for the weekend.

A social worker for the city tells Adele and her parents about the possibility of self-directed support that would allow her to arrange her support and services in some other way. The social worker explains how much Adele's support and services (e.g. a weekend at the institution) currently cost for the city and that the family could use roughly the same amount of money on an alternative support and service arrangement.

Assignment: Imagine yourself in Adele's place. How would you like things to change? Create a support plan for Adele based on your thoughts. The support plan should meet the help and support needs of Adele and her family so that she would not have to go to the institution anymore.