



Support plan case

Julius, 28 years old

Julius likes being outdoors, bowling and other sports activities. He also enjoys watching the TV, listening to music and singing karaoke. These are all fun things to do, especially when Julius's girlfriend Anna is with him. Julius's friends describe him as a positive guy who always has some new joke to tell.

Support needs: Learning disability, which causes Julius to need some help, support and guidance in his everyday life. Type 1 diabetes that is kept under control with medication. Capable of measuring his blood sugar levels and injecting insulin himself, but checks the correct dose from his mother or from the employees.

Current situation: After comprehensive school, Julius completed his training that prepared him for work and independent living. He lived in a dormitory during his studies. He has now lived in the city's group home with 14 other people for five years. The group home offers support services round the clock. Julius visits the city's activity center during the day.

Julius and his parents have said that Julius would like to move away from the group home to his own apartment. Julius has said that he needs more privacy and does not like the restless atmosphere at the group home and the fact that the other residents enter his room without permission. Julius has also said that he would like to move somewhere closer to his girlfriend so that he could see her more often. He has recently spent many weekends at his parents, as it makes it easier for him to visit his girlfriend. Julius's parents feel that he could live somewhere else than in a group home because he has gained self-confidence and has learned to clean his room, among other things.

The personal instructor at the group home thinks that Julius would not necessarily need as much support as he receives now at the group home, but that he would still need some support every day with cooking, shopping, taking care of his clothes, waking up in the morning to get to the activity center, treating his diabetes, and also a little bit with cleaning. Julius would also need to learn how to better use his money in order to make it last for the entire month.

The parents are concerned about whether Julius would feel lonely living by himself and how to arrange the support he needs. They have also wondered how Julius would get help at night if he needs it outside the group home. Julius's mother is about to retire soon and is happy to help him, but she says that even though she would have more time to support his son in the near future, it would be better if Julius received the support he needs mainly from somewhere else than from his ageing parents.

A social worker for the city tells Julius and his parents about the possibility of self-directed support that would allow him to arrange his support and services in some other way. The social worker explains how much Julius's support and services currently cost for the city and that he could use roughly the same amount of money on an alternative support and service arrangement.

Assignment: Imagine yourself in Julius's place. How would you like your support and services to be arranged? Create a support plan for Julius based on your thoughts. The support plan should fulfill Julius's desire to live independently.