



DEBBIE'S STORY

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

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DEBBIE



A BRIEF LOOK AT DEBBIE'S LIFE...

We began supporting Debbie, 46 in 2020, where she transitioned from living at home, to a house with three other people that she knows. Debbie has a diagnosis of a moderate learning disability, cerebral palsy and anxiety which has made life very difficult for her at times. Debbie had always lived with her Mum and Dad, so this move was a huge change for her.

By utilising her ISF to transition at her own pace, she slowly moved in to her home which is not always possible with traditionally commissioned support: this will often result in wasted money or a rushed transition which ultimately fails.

Debbie's anxiety can be very limiting for her, and her ISF allows her more choice over which support staff she has for certain days - this was helpful as certain personal tasks she only felt comfortable with certain people supporting her. Through this, she has been able to develop more confidence and openly accepts more staff now. At first, Debbie would still rely on her mum for support with aspects of personal care and hygiene, but has since built the confidence and trust with her staff team for them to provide this support for her instead. In turn - this helps promote a positive relationship between Debbie and Mum.

An ISF has also provided Debbie with the ability to maintain important relationships; Debbie is extremely close with her parents, and the ISF has given her control to cancel her support so she can go on holiday with them. In many circumstances she either wouldn't have been able to go, would have had to pay for support regardless or take support staff with her. None of these options are particularly empowering or supporting of the desired outcomes for people we support.



OUTCOMES

SKILLS

Due to Debbie's cerebral palsy, she experiences tremors and a significant weakness in her hands. This makes many daily living tasks very difficult for her, and of course has affected her confidence. It also meant that she needed support for tasks such as making a cup of tea etc., Debbie was able to use her funding to purchase assistive technology which meant she did not always need support. One example is a 'one-cup' which made it possible for her to safely make a hot drink at home. This has allowed Debbie to experience independence, enjoy time on her own and has helped her confidence - especially around cooking and other kitchen related tasks.

Previously Debbie had not felt able to join in with weekly shopping, and this was highlighted as a desired outcome for her. Debbie is now the person in the home who organises this with everyone; from writing shopping lists, to meal plans and completing the shopping without fail!



SOCIAL CONNECTIONS

Debbie has also been able to flex her hours to enable her to attend events and activities that would be 'outside' of her commissioned hours; for example discos, trips to nearby towns and has big plans for make on of her ultimate dreams come true; a trip to the theatre!

We can also see a stark difference in her confidence levels, when she'd visit the office before she would often wait in the car, she now comes in a chats to the office staff. Similarly when visiting the home, she used to retreat to her room, but during my last visit with Debbie, she opened the door to me, offered and made a drink. This is a huge accomplishment for Debbie, who struggles with these things due to a mixture of her anxiety and tremor.

Overall we can see how the flexibility and control an ISF offers, has helped Debbie's develop her skills, grow in independence and maintain and develop important relationships to her.



FUTURE PLANNING

Debbie has also demonstrated progress in being able to engage more actively in her support and planning. Since her confidence has grown, she has actively participated in her planning day and been communicative around her wishes and desires. See below for some photo's from her recent planning day.



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Debbie has also began to enjoy swimming once a week, and this provides her with further opportunity to meet others and is also good for her physical health.

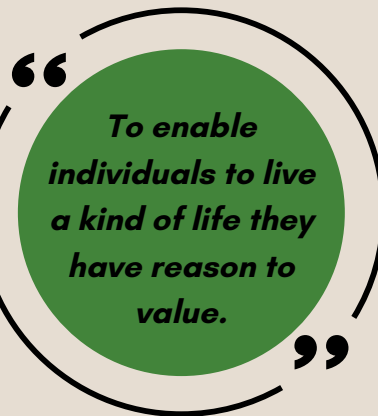
The support that is provided to Debbie has also allowed her family relationships to improve, due the responsibility being removed solely from them - they now have more time to focus on meaningful activities and interactions.

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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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