

03/04/23 Case Study

The subject of this case study is an older gentleman from Maidstone who has mild learning disabilities and suffers with anxiety. He has support with Phoenix Support 2 days a week, has a good rapport with his support team and lives in the local area. He explained to me that he would like to go horse riding one last time before he's unable to get on a horse anymore due to his health and age as he has asthma and osteoporosis. During his time with Phoenix Support he has been supported to access activities such as horse riding, gardening, voluntary work all of which he participated in and enjoyed. Since being supported to move from a 4th floor flat to a ground floor flat in the community due to his health, he has said he would do some activities for one last time before slowing down to relax into his older years. I supported him recently to achieve this wish and he asked me to take some photos for him and he has now put these in a frame on the wall in his flat so he can look back at this achievement.

I have been the support worker for this man for over 10 years since he's been with Phoenix Support. I have watched his confidence grow and feel this is a great example of somebody of his age and what he's achieved over these years and now I'm supporting him to work towards fulfilling a bucket list of activities he would like to do such as a track driving day at Brands Hatch to be driven around the track at speed, A zoo keepers day feeding the animals such as a chimp and a tiger as these are his favourite animals and the Steam Train at Tenterden. I'm in the process of supporting this gentleman to do some research into achieving his bucket list, ongoing support.

Dean Cheeseman (Support Worker).