

## Case Study – JB 12 Tonbridge Road

### Headline:

Moving From A Room in a communal house to a flat

### Introduction:

JB is a 74 year old man living in supported living with support from Phoenix Support. He originally lived with his mother but due to her health JB was placed in a care home JB then moved to 9T JB was moved to 12T last year into his own flat.

### Success Highlights:

JB is starting to gain more independence by doing things himself, JB now selects what he wants for breakfast and adds to his bowl ready for staff to prepare. JB can't remove hot items from the microwave due to having grip problems. JB also selects his lunch items staff prepare his sandwiches as JB can't cut items to correct sizes JB must have food cut into bitesize pieces due to swallowing risk. JB then packs his own lunch box, JB can now use the washing machine with a prompt and select cycles independently and general running of his flat .

### The Issue:

When JB moved into his own flat he was very reliant on staff selecting his Breakfast and lunch items for him and doing his laundry for him JB didn't have an understanding of running a flat .

### The Approach:

JB took sometime to settle into his new flat, Once settled JB was slowly guided around selecting and preparing his breakfast JB now adds his selected breakfast to a bowl for staff to prepare. JB now packs his lunch box once staff have prepared his selected sandwiches. Laundry JB can now load the washing machine add detergent and select and start the machine some times a little reminder is needed on how to power on the machine.

### Project Results:

JB is now more independent in selecting food items for staff to prepare for him. JB loads his washing machine independently and can select and start a cycle JB is gaining in confidence each day.

Matthew Cheeseman (Support Worker)