

Independent Living: Barbara's Story

Barbara is age 60. She has a learning disability and a visual impairment. She has some physical disabilities but can get around really well with the use of a frame.

This is her story:

I lived with my family until I was 27. I then went to live at Princess Marina Hospital.

I moved out of the hospital in 1987 and moved into a residential home. I moved with some of my friends from the hospital. The home was ok but I did not go out much because there was not enough staff to take us out. It was also very noisy.

In October 2011, I moved into my own flat with support. I do lots of things with my time. I can choose what I do with my time.

Support worker's comments:

1 to 1 support really works for Barbara. It is really important that she gets the right support.

Barbara has been involved in choosing her staff.



With support:

- I do my own shopping,
- I go to a coffee morning every Saturday
- I have aromatherapy every week
- I go to the local gym twice a week
- I go bowling
- I go swimming
- I do lots of walking
- I visit friends
- I have been on holiday twice
- I am going to Blackpool soon which is one of the places I really like

I can choose what I do. I can choose what I watch on the television. I can choose how I spend my money. I have chosen the wallpaper and the furniture in my flat.

Name has been changed and stock images have been used.