

Independent Living: Simon's Story

This is one individual's journey from living in a restrictive environment to living in his own home.

Simon moved to his bungalow about three years ago. Prior to this he had lived with five other people in a home run by the NHS.

Simon had very different needs to the people living in the home. Because of the differing needs of people in the home, he was given a separate living room where he spent a lot of the day on his own.

The environment was quite restrictive for Simon. He had a lot of possessions which he was unable to have free access to because of the behaviour of other people living in the home.

Simon had little opportunity to go out when he wanted. When he did go out he tended to have to join in activities that were set up for others and did not always meet his needs.

When Simon moved to his new home he got his own car and was able to make choices about where he wanted to go and when. He has photographs which he can show to his support staff to indicate what he wants to do.



In his home Simon is able to have all his belongings on display and enjoys showing visitors his possessions.

The property has a large garage which is just being carpeted so it can become Simon's games room where he can play pool, sing on his karaoke machine and socialise with friends.

Since the move Simon has had 1-1 support. He is a very sociable person and enjoys the undivided attention. He does however choose times when he wants to be on his own.

Simon has good family connections and this has been maintained. His family visit or take him out.

Simon's dream for the future is to go abroad on a plane for a foreign holiday. His staff team are working with him on having a short break first, then they will build up to his flight abroad.

Name has been changed and stock images have been used.