

D is young man with autism who lived at home with his parents and attends a number of day services, including SORM and Culture Fusion. He is supported 2:1 in the community and 1:1 when using services.

D's parents reported a number of issues with his behaviour at home, including spreading his belongings out into every room in the house. Following initial discussions with parents and D it became apparent that D needed his own space and wanted to live independently.

Although D can let people know how he feels, he often finds decision making more complex. D's social worker from the PfA Team decided that they would start looking into supported accommodation with D, and began this by doing some 1:1 work around D's capacity in terms of independent living. Rather than beginning with a formal assessment, this took the form of an initial conversation with D centred around what his life would look like if he lived independently from his family.

Following on from some input from Waddiloves, a piece of work using objects of reference was started. This involved using a number of objects to represent different services and activities to show D what his week looked like. D quickly understood that each object represented a service and was able to confidently describe which service was which and on which day he attended. During this first session he was able to move objects around and make choices about when he attended services, meaning that he could determine what his own week looked like.

This session was followed up very quickly by a similar conversation using objects of reference, but which looked at describing the people in his life and what would be different if D lived away from his parents. The exercise allowed him to explore what his week would look like if he lived independently, where he would go during the week and where his parents and support workers would be.

This exercise was repeated a number of times to ensure that D retained the information, but it quickly became apparent that he understood all of the information as it was presented to him; it also became apparent that he really wanted to live by himself and that he understood what this would look like for him. The objects of reference work allowed him to make an informed choice around where he would live.

As a result of this work, within 2 months D moved into supported accommodation. At the time of writing Covid-19 had stopped direct access to services, but D was continuing to attend before face to face visits stopped. His parents also report that they now have a much more positive relationship with their son; he visits them regularly but the relationship is now more valued on both sides.



Through this approach, D has been able to determine where he lives and when he attends services which may not have been possible otherwise. D continues to use objects of reference and picture references to make choices and decisions in his everyday life.