



Case Study – Learning Disabilities

LM has severe learning disabilities with a high support need. As LM is not able to communicate verbally and requires 24-hour care with one-to-one support. We have a team of Support Workers supporting LM in a supported living environment.

Due to LM's communication inabilities, a Person-Centered Plan (PCP) was developed by LM and Allied ensuring her family, the Care Manager and her Key Support Worker were involved. We initially used activities that LM showed an interest to continue attending by using graphic representation to record her likes and dislikes. Based on the results, the team put together a PCP that involved similar activities (after considering risk management) that would enable LM to have more access in the community.

The team also factored in LM's goals based on her health needs as evidenced by the health professionals. The main criteria of the PCP, was to incorporate the goals in the activities that LM liked. As an example, LM had to lose weight due to her health condition and had to start eating healthily.

The PCP detailed an activity that LM previously attended that involved dancing. To support LM in reaching her goal, the Key Support Worker involved her in the day-to-day cooking and, as a result, a health eating plan was created with weekly menus.

To encourage LM to go to the activities planned, we teamed her up with an individual who also receives one-to-one support and lived in the neighbourhood. This worked very well as they both started to look forward to attending the dancing session together.

A noticeable difference in LM was recognised by the family and the Care Manager. LM appeared to be a lot happier, became involved in doing small household chores and started to enjoy living a healthy, active lifestyle in the community.