

FS – Improving Wellbeing

The Challenge

Why was the support needed? - Brief Outline

- ✓ FS has complex autism and found the changes during the pandemic difficult. He did not understand why he had to stay at home some weeks
- ✓ FS communicates through touch and has very limited vocabulary and a short attention span.
- ✓ FS struggled to cope with full days at the location

Our Role

What actions did we take? – Brief bullet points

- ✓ Staff made weekly phone calls to FS' parents.
- ✓ Face to face feedback was provided when possible, to discuss any issues and what went well at sessions
- ✓ FS and his parents were invited to look around to familiarise themselves with the changes to the environment such as signage, social distancing, and PPE
- ✓ FS was given ½ day taster sessions at Royden Park within a small cohort and the support of 1:1 staff
- ✓ Strategies and a routine were put in place for FS so he knows the layout of his day
- ✓ PPE was resourced in his favourite colour to help him feel more comfortable

The Difference We Made

Outcomes achieved for people we support – Brief bullet points

- ✓ FS has increased confidence and has been enjoying rebuilding his friendships at Royden Park
- ✓ Having a routine in place has helped FS feel less anxious
- ✓ Being outdoors at Royden has had a positive impact on FS' health and wellbeing
- ✓ FS has been more adaptive to the changes around him
- ✓ FS has had access to more 1:1 support
- ✓ The support given has been respite to FS' parents during this time