

*"[My daughter].. is a young lady of 22 who happens to be Downs Syndrome with Autistic Traits. She can present with challenging behaviour at times but she has a terrific memory, she has very little speech but has good understanding and she has a great sense of humour and an infectious giggle.*

*The difference that Self Directed Support has made to our lives - to [her] and myself - has been absolutely amazing. [She] has a programme that is suitable to her needs, its tuned for her needs but its flexible enough, there's a lot of variety in it, there's lots of activities in it, like going to the gym going swimming, going for walks, going shopping, lots of life-skills like filling the dishwasher, just general - not rocket science but day to day running!*

*An example of her day would be that her worker comes in - in the morning and assists / oversees with her breakfast and dressing and on a Monday morning her worker would programme her iPod Touch with a shopping task and put a number of items on the shopping list that [she] then goes into town and the staff member shadows her around the shop - she's getting her shopping list and she then pays for it etc. They come home then and they would then make fruit salad or maybe cut up vegetables for vegetable soup.*

*So she has a really busy full on week and then at the same time she could be at home and she could be dancing around the room chilling out listening to music - that's what happens! Would I recommend Self Directed Support to other people? Yes that is a Yes, Yes, Yes because it's a Win, Win, Win situation for both [my daughter] and myself. It has changed our lives around, it has given her the independence and the flexibility, she has a busy week but it's a structured week and she has lots of choice!*

*How would I compare [my daughter's] life now to the services she was given prior to Self Directed Support to the present day? Totally different - miles apart! [My daughter] is a lot happier, there would have been occasions that I would have known that the services - it was good, it was excellent what she was given but I knew that [my daughter] wasn't 100% happy - it didn't suit her because she would have expressed anxiety and she would have been chewing at her hands and I knew that she was out of sorts because it wasn't suitable for her! Her life's full and its meaningful for her and the bottom line would be that if [my daughter's]s happy! Mum's happy!"*

