

Self Directed Support

Wendy's Podcast - Transcript



Health and Social Care

"I'm 30 years old, I've suffered from mental health problems from I was about 19 or 18 years old. With Self Directed Support I now get more transport, I feel now I've got more independence and I enjoy reading and going on the internet, surfing the internet and meeting up with my friends and things like getting good social activity into my life.

Well my Mum has been very good in helping me and my family have been very good, also my key worker [has] been very helpful to me, she has ... now I go to the [Day Centre].. on a Wednesday with the Young Peoples Group and I find it really fulfilling and I really enjoy it, we do a lot of different activities and things.

I'm very privileged to have really good friends and they are always very good to me and we enjoy going to the cinema and doing different things at the weekends. ..I really love my flat here...and I really feel a lot more independent now and I don't have to rely as much on my parents but it is nice to go home at the weekends and it breaks up the week a wee bit for me a wee bit as well you know to go home. I have a personal trainer as well to help me try and lose some weight and try and help me eat better and more healthily and things.

With Self Directed Support I feel as if I'm more capable now, I can plan my day better and I feel more empowered really. It's been a hard time but I feel like I'm getting there and I'm moving on now."

