

## Appendix 2: Case Study

### Case Study:

Mr L is a 59 year old man who lives at home with his 86 year old mother. Mr L's father passed away some years ago and therefore his mother provides the majority of informal support with some support from his sister.

Mr L has moderate learning disabilities, limited verbal communication and understanding. Mr L had a lack of oxygen at birth which left him permanently brain damaged. Mr L is reliant upon others to keep himself safe and cannot be left alone at home on his own.

A care act assessment has been completed and Mr L was assessed as requiring support to engage in meaningful activities and opportunities to socialise with peers. This would also provide his mother with a break from her caring role. He attends day services 3 days per week which has worked well for both Mr L and his mother for some years. As Mr L's mother getting older and having her own increasing health needs, she is finding her caring role is becoming increasingly difficult. Whilst Mr L's sister helps out when she can, this is not always an option. In order for Mr L to be able to continue living at home and also to give his family a break from their caring role, it was identified that he would benefit from having some respite built into his support. This is also a more cost-effective way to meet Mr L's needs rather than for him to move into supported living or residential care.

Mr L initially visited the respite provision with family, followed by a tea visit. He was very happy and excited to be there. He was financially assessed to check how much he would need to contribute to his respite stay, which he and his family were happy with. He then tried an overnight stay which went really well. It was then determined how many nights respite would be required so that family could have sufficient break from their caring role to sustain their caring role. It was agreed for Mr L to have a night's respite alternate weeks. This can be used flexibly however if family wanted to use respite different, in line with changing needs, for example if his mother wanted to have a long weekend away.