

Luke's Story: Gaining Confidence & Independence

Meet Luke

- Luke is 43 years old and has a Learning Disability.
- He lives alone in a Housing Association complex.
- Luke was struggling to cope with everyday tasks such as cooking, housework, managing his bills and was generally neglecting himself.
- Luke needed support to enable him to recruit a Personal Assistant (PA) to help him to develop his daily living skills and to pursue other hobbies and interests.



Luke's Story

SILC Support

- Luke has had ongoing support from SILC for over 10 years, this has included setting up the necessary employment procedures for employing a PA, filling out forms, help with advertising and DBS checks.
- Luke has also attended SILC training courses such as First Aid and Good Boss Training which he found particularly beneficial as he was able to connect with others and share experiences.
- Over the years Luke has recruited several PAs through SILC and Luke has recently recruited a new PA using SILC's Support Finder website.



Luke's Story

Progress

- Luke's new PA is very proactive, with her support he now goes out on a daily basis accessing the community, food shopping, cinema and nature walks.
- With the support of his PA Luke has been able to furnish his home to make it more homely, has joined a local gym and has also been eating a healthier diet.
- Luke says that his PA encourages him with verbal prompts to complete tasks and does not try to take over. This has boosted his self-esteem and sense of wellbeing.
- Luke feels empowered and supported to try new things, develop his domestic skills, manage his emotions and get motivated.



"SILC are always there when I need them, they help me understand things, listen to me, find out what I need to know, reply promptly to enquiries and sign post me to other services when required."

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Outcome

- Luke feels things are really moving on for him in a positive way.
- He has decided to have a go at a small business making bird boxes. His PA fully encourages and supports him with this. His PA has supported him to reach out to local organisations that might be interested in his bird boxes. She is realistic with him that he will not always get a yes, but that other people will be interested and to stick with it to make it a success.
- Luke said that if he has ideas that might not be achievable, his PA will suggest alternative ways to achieve his goals and keep him on track. He is looking at making flat pack boxes in a variety of colours, so her input is great to keep him motivated.
- Luke's life has been enriched from SILC's help recruiting a PA, It has instilled him with confidence knowing that he will have SILCs support to fall back on.



"I feel reassured that I will have SILCs help when I need it."