



## Background

RJ was extremely motivated to want to be independent and learn new skills. RJ has an interest in trying new things and wanted to move into supported accommodation. RJ loves football and supports spurs. Next year RJ is hoping to move into Derwen College to learn how to live independently within the community.

## Preferred futures

1. Make hot drinks for him mum and friends - Achieved
2. Cook a wide range of meals confidently - In progress
3. Have a routine that supports his independence - In progress

## Milestones

- RJ is engaging with regular virtual calls to discuss with his development coordinator about what skills he has been learning
- Repeatedly watching and practising a skill until mastered
- RJ is now making hot drinks for his mum
- RJ feels he needs less support and prompting when making breakfast

## Impact of AutonoMe

From the beginning RJ has enjoyed focusing on one skill at a time and will practise this skill repeatedly over a few weeks until he feels confident. RJ will then often enjoy video calls to tell his Development Coordinator Charlotte about his achievements with support from mum.

RJ and mum feel that through having AutonoMe's support prior to moving into Derwen College, RJ has had the ability to make progress with his independence where he feels safe and familiar.

Mum was pleased to discover that RJ was using AutonoMe without prompting from her and discussed how usually he would need a lot of encouragement to try something new or complete tasks around the house.

RJ is so excited to move into Derwen and continue to progress in his independence through using AutonoMe. RJ is now focusing on using the frying pan and cleaning to further his skills.

The impact has been far wider than just for RJ. Mum is now feeling more capacity and confidence within the skills RJ is learning. RJ feels more empowered by the skills he can complete in day to day life and RJ can see that starting with using the kettle for hot drinks can transfer onto more skills such as making noodles, transferring hot water into a pan, etc.



Outcome	Skills	Target	2022					
			Jun	Jul	Aug	Sep	Oct	Nov
Maintaining Personal Hygiene	Tea	▶				○	✓✓✓○	
	Washing machine (new)	▶					✓	
	Washing Machine (old)	▶						✓
Managing and Maintaining Nutrition	Pizza (pre-made)	▶						
	Pizza	▶				✓○	○	
	Bacon Sandwich	▶						✓
	Pizza with salad	▶						✓✓✓

KEY	
○	Working towards
✓	Target met
▶	Just the video
👤	A little bit of help