

Appendix B

Priority Area 2 Short Breaks for Disabled Children

Case Study

Wirral Autistic Society

Background –

Young person was referred Wirral Autistic Society for the following reasons:

- had been experiencing significant difficulties in coming to terms with his diagnosis
- difficulty developing friendships.
- struggling with his own self esteem.
- This along with other issues had led to his exclusion from two schools over the past 6 months.

Approach

He was encouraged to attend the activity clubs provided through Wirral Autistic Society. This would provide a positive activity but could also support him to address the issues above. Being with other children with similar difficulties too could help him understand and come to terms with his diagnosis.

He needed support to settle him to the club this was provided by both his parents and Wirral Autistic Society staff, it was important to do it at an appropriate pace for the young person.

The activities he participates in he is able to choose but they also offer variety to encourage him to try some new things.

He is attending the club regularly.

Outcome

Evidence shows:

- He is using the clubs as a way of understanding his own difficulties
- His social skills are developing.
- He is developing skills to help him deal with frustration.
- He said that the clubs have helped him
- his parents have commented that, without the clubs he would have been totally isolated during his periods of exclusion from school. This isolation, they felt, would have been very distressing for the young person.

The young person is now back in school and things appear to go well. He still attends the club and is able to discuss any difficulties he may be having with staff and friends that are both understanding and supportive.