

Sonia

 **affinitytrust**

Supporting people with learning disabilities



“Sonia seems to be settling well and enjoys relaxing in her room.”

Lynette, Sonia's sister

Sonia lives in Kent. When Affinity Trust took over her care in 2009, plans were underway to build a home for her and those she lived with, consisting of five self contained flats. Although she enjoyed living with others, she did not previously have her own space. Sonia has now moved into her own flat with a kitchen, bathroom and living room, a core team and one to one support.

Sonia has been visually impaired since birth. Although she cannot see too well, she senses everything that is going on around her through touch and smell.

Sonia had sometimes struggled to be understood and could become quite frustrated. Her support team ensured that Sonia was able to get her needs met and make more choices in her day to day life.

Sonia loves to go to places by bus and her team assisted her to obtain a community bus pass. Sonia is now able to visit the shops and cafés much more and loves getting out into the community for walks.

Sonia has recently been on holiday with her support worker to Clacton on Sea, a destination she chose. Beforehand they went to town to choose new clothes Sonia wanted for the trip.

Once away they explored the area by train, went on long walks, stopping to smell the flowers, and visited a water attraction. They also did a lot of Sonia's two favourite activities, shopping and eating out.



“Sonia’s move to supported living is transforming the way she chooses to live her life. With her own dedicated staff team, Sonia is using more speech and exploring new sensations through smell and touch. Her enthusiasm to try new activities is really increasing.”

Michelle, Sonia’s operations manager