

CASE STUDY

JAMES' STORY

GOING IT ALONE

James is a quiet man who is autistic and has epilepsy. Aged 31, he hadn't left the house for two years except to walk to the local shop with his younger brother. Everywhere else he went was in the company of his parents or in a private taxi.

Both Mum and James wanted a different future but were uncertain how to begin breaking out of the safety of old routines and nurturing James' independence.

James and his connector started with an application for a disability bus pass. They spent weeks together travel training, learning routes to take James to places he wanted to go. All the while developing his confidence until he felt able to do it alone.

Next on the plan was an evening social event. James' connector joined him for the bus journey but stepped back to let James share his love of tabletop games with new people when they got there. They had agreed James would take the lead that night.

Weekly support became lighter, allowing James to take control of the level he needed. Thinking about how to introduce himself, spark conversations and keep connections going, helped James gradually move towards the life he wants.

New friendships with peers Brandon and Luke and weekly bus trips to Geek Retreat in the city centre are showing James a brighter future outside of home and with friends his own age.

He is thinking differently about what's next and strengthening the skills he needs to get there.



A Help and Connect participant