

A Day In The Life of Garry And How Kare Plus Help Me

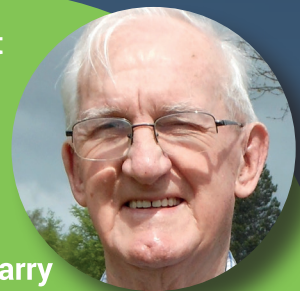
Hi my name is Garry and I am 50 years young. I have Downs Syndrome and a learning disability. I can communicate verbally with my staff when I want otherwise if I am having a lazy day I will point to things I want.

I will awake in the morning sometimes quite early; my carer will support me with my personal hygiene. I choose my own clothes and dress myself; sometimes I need a little help. I will choose what I want for breakfast and help with domestic work, again, only when I feel like it otherwise I will say no. I don't like cleaning! I will help change my bed and wipe down the sides. Once I am ready my support workers will ask me what I want to do that day. I go to a day centre four times a week, so on the days I am not there I like to go and do my food shopping, go to the cinema, bowling or visit my mates. When the weather is nice, especially in the summer I will sit my support worker and organise a day. trip.



**"Margaret
Garry's
sister and
myself, Terry his
brother - in - law are
more than happy with
the care provided for Garry
by Kare Plus and their staff.**

**Garry is always happy and of smart
appearance when we visit and the staff
are very helpful and friendly. We feel very
reassured that he is happy and well
cared for"**



Terry
Garry's Brother - In - Law



“Later on this year we are going to see the Blackpool illuminations, I can't wait!!

| Case Study

I have a friend who also lives in a Supported Living accommodation like me. Sometimes I go to his house with support from staff.

I love animals, football and food. In the past my brother in law would take me to watch a football match. I'm a big Baggies fan and so is he! I had great fun there. Now I watch matches on the TV as I have the onset of dementia and I do not like too much noise. Recently I have been to London with my friends . We went to Madam Tussauds to see the wax works. I had great fun and did a lot of walking. My carers support me to live in my own home and I hold my own tenancy. My family will help me make major decisions about my life as I can struggle with this by myself.

I sit in all of my meetings with my social worker, GP and other health care professionals. My family are very involved in any decisions that need to be made about my care. I enjoy living in my own home and I still see my family who spoil me when we, meet up, which is quite regular. I sometimes go to one of my other sister's home on a Sunday and have lunch there. I look forward to my Sunday dinner with her and her family.

We also had lunch and then when we, went sightseeing. I loved it in London what a fab place! Very busy but fun. When I got home I was very tired so I went to bed.