

## Isaac - Case Study



Isaac is a middle aged man who lives on his own with support from outreach. Isaac has a learning disability and also suffers from an anxiety disorder. Isaac attends the Bowersdale Centre on a daily basis after his outreach support call at his home. He has a small group of friends at the centre and enjoys spending time playing pool and taking part in karaoke.

When Isaac first began attending the Centre he was using alcohol as a means to help with his anxiety. He was very agitated and withdrawn a lot of the time, he didn't socialise very well with other service users or staff.

Attending the Centre and working with the staff, Isaac has grown in confidence and has developed more social skills. He currently participates in activities at the centre such as gardening, arts and crafts and afternoon games.

Working alongside staff at the Centre Isaac has developed daily living skills which he has transferred to his home life and given him the necessary skills to allow him to be more independent.

Isaac no longer finds it necessary to use alcohol as a coping mechanism, he now attends the Centre and works with staff to control his anxiety enabling him to live a more positive life.

Isaac has recently become a none official volunteer (helper) at the Centre and uses these gained skills to support staff with the general upkeep of the Centre. Isaac also supports staff at event days and parties hosted throughout the year.

Isaac has become part of the staff team within the Centre and loves his new role and takes great pride in his responsibilities.