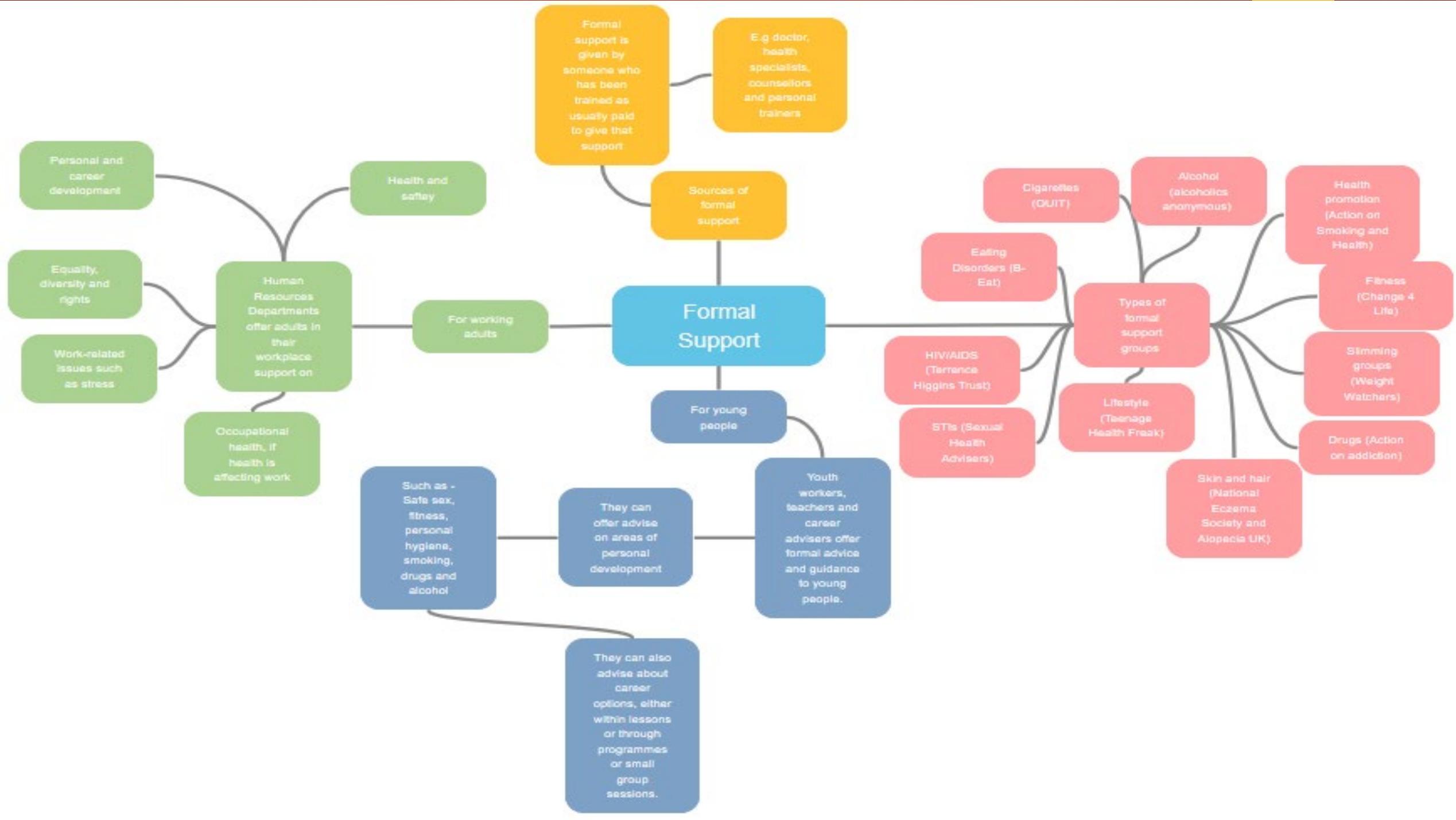


# Adapting to Change After a Life Changing Event

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## ▶ **How did Case Study 1 Adapted to life event, using Support (P4)**

- ▶ How did they adapt to the life event?
- ▶ Give at least 4 examples showing how they tried to adapt to the life event.

Ade

1. Uses aids to help with mobility/movement – walking stick for walking, hand rail for getting up and down the stairs
2. Banstead Neurorehabilitation Service – helped him learn to wash and dress himself, prepare very basic snacks and his mobility had improved so that he could walk outside safely.
3. He had speech and language therapy to help him develop his speech again so he could participate in conversation.
4. He attends college one day a week with his support worker



## Ade

1. Ade has adapted physically by using aids to help with his mobility/movement. He uses a walking stick for walking which means he is able to move more independently and go out on his own. He uses hand rail for getting up and down the stairs so he is able to access more facilities.
2. Ade attended the Banstead Neurorehabilitation Service and during his stay they helped him learn to wash and dress himself. Ade will have found that he needed support for this so may use a stool when washing as well using a stool to sit on when getting dressed. Ade learnt to prepare very basic snacks using adapted cutlery and cups.
3. He had speech and language therapy to help him develop his speech again so he could participate in conversation. He has had to adapt losing his speech due to having a stroke which made communicating difficult. He may have used hand gestures or written down his wishes/thoughts/needs.
4. Ade has had to adapt by attending college one day a week with his support worker rather full time on his own. His support worker will accompany during his course at college to help him access the facility and work. Ade has had to adapt as he must rely on someone to help him.

**Ade has had to develop his resilience when recovering from his accident. It will have taken him a long time to learn to speak and he will have struggled at times and wanted to give up.**

- ▶ Explain what type of support and who supported case study one  
(Types - emotional, financial, practical or information/advice.  
Sources - Informal, Formal, Voluntary)
- How did the support help them adapt to the life event?

Ade – remember to PEE!

**Point** - Practical and Formal support: Speech and language therapist.

**Explain** - to help Ade learn to speak again after the accident. This support helped Ade to learn to say words and short sentences again.

**Evidence** - This helped Ade to feel more involved in group conversations and has raised his self esteem. Before he could not voice his own opinion so the support has allowed him to express himself and ask for what he wants/needs.

Add one more example of support.

## ▶ Repeat for case study 2

How did they adapt to the life event?

Give at least 4 examples showing how they tried to adapt to the life event.

Explain what type of support and who supported case study one  
(Types - emotional, financial, practical or information/advice.  
Sources - Informal, Formal, Voluntary)

➤ How did the support help them adapt to the life event?