



# Commissioning for Complex Needs

## Case Example: Martin's story

### Background

Martin is a 66 year old man with a Learning Disability, Autistic Spectrum Disorder and Obsessive Compulsive Disorder. His communication skills tend to fluctuate depending on the state of his mental health, and his anxiety can sometimes cause challenging behaviour.

Martin occupied a placement in a residential setting before moving to supported living accommodation in 2008.

When in a group scenario, Martin can sometimes be disruptive by taking things from other people. He does not like to be touched, and will often retaliate with inappropriate touching, which can lead to an altercation.

However, Martin is described as a very likeable character, who enjoys a joke and a song. He values his own space and prefers to interact with staff rather than his peer group.

An 'Outcome-Focussed Assessment' was undertaken in July 2018, which identified a number of personal and well-being goals for Martin...

The assessment found that:

- Martin has many interests, including arts & crafts, watching Dad's Army, quizzes, playing on the iPad, table tennis, and swing ball.
- He particularly enjoys learning new things and travelling around the UK on short breaks. Staff have observed that his mood and behaviour seem to improve significantly when he is away.

- Keeping Martin busy with things he likes to do is an effective means of maintaining his mental health.
- Martin has always expressed an ambition to drive.

## What happened next?

A summer house (known as the ‘man cave’) was purchased in the spring of 2019 for Martin’s exclusive use. This is a cosy space with a comfortable sofa, a wall-mounted fire with an artificial flame effect, a music system and art for the walls. These provide Martin with a quiet area for himself and separate activity area to use when he’s feeling anxious and needs a distraction. With encouragement, Martin assists with the maintenance of the property and has helped to paint the outside fence and change a broken lock on his wardrobe.

Martin recently visited Bluestone in Pembrokeshire; a trip that saw him achieve his lifetime ambition of driving (a golf buggy, in this case!).

Lynn, a manager at the scheme where Martin lives, said:

“Another short break has already been booked at Penrhos Golf & Leisure facility, and we are exploring other destinations where Martin can enjoy similar driving experiences”.



While on holiday, Martin enjoys cooking himself a fried breakfast and visiting local attractions.



## Savings

Before the assessment, Martin was receiving 136 hours of support. He now receives 133 hours (including one-to-one and two-to-one) provision per week; a decrease of 3 hours per week.

Martin's one-to-one hours enable him to go out for a drive, and the two-to-one support allows him to enjoy a variety of experiences including meals out, walks, visits to cafes and places where he can see animals.