# 4+1 Review Example – Adebola going to church

Scenario – Since Adebola knows so many friends at her local church, she and her support team decided that she no longer needed paid-support at this time, but rather she spent time with her friends and they took over any specific support that she required during church. Adebola has learning disabilities and uses a wheelchair. This practice has been in place for 6 months and Adebola's team are undertaking a 4+1 questions review.

### Tried?

Driving Adebola to church and meeting her two best friends Maisy and Atta outside.

Handing over any specific/necessary information to Maisy and Atta about Adebola's support for that day.

Picking Adebola up an hour later after the service.

Adebola has her own phone if she needs to call.

Staff wait in the café down the road from the church.

Inviting Maisy and Atta 'round for tea and cake to get to know them better.

## Learned?

Adebola is an independent and well respected person at church.

Given the opportunity, Adebola is very capable of making friends.

Adebola wants to lengthen her time without paid support.

### Pleased about?

Adebola tells us she enjoys church even more than before.

Adebola has become very well known for being herself in the church community

Maisy and Atta have never let Adebola down, they are always on time.

They have become even closer friends since staff have taken a back-seat.

Adebola seems to respect her staff even more for listening to her.

### **Concerned about?**

Adebola gets frustrated that she does not spend more time with her friends on Sunday.

Adebola would like to do other things in her life without paid-support, such as go to the cinema or theatre.

#### Do next?

Carry on, but lengthen the time to two hours so Adebola can experience tea and coffee after the service with the other church-goers. Staff can drop-off and pick-up.

Support Adebola to talk with friends about other interests, such as the theatre and cinema, with a view to organizing regular trips.