

Case Study #4 - Sarah's story

Sarah is 23 years old and lives with the condition fragile "X" syndrome. This affects her in many aspects of her life and means that she can struggle to achieve a level of independence without support. She is considered vulnerable due to her trusting nature and struggles to identify risks to herself. She appreciates order and routine in her life and likes to be in control.

Sarah lives at home with her parents who both have significant health needs themselves. They are committed to continuing to provide care and support for Sarah. The previous assessment identified that Sarah required some weekly support to promote social inclusion and this had been provided by local agency who receives block funding from the council to provide this kind of support.

Sarah had also been assessed as eligible for respite and had visited a number of local respite units but she and her parents felt this was not appropriate for Sarah.

Sarah loves football and is a passionate supporter of her local team. She is also a big thrill seeker and likes nothing better than riding rollercoasters and listening to her favourite rock band. She is very sociable and likes to party.



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