

Nandi

Nandi is a single mum with two children, aged 8 and 10. Her son, the youngest child, has autism and severe behavioural problems and attends a special school. Having recently divorced her husband, she receives no family support and she is feeling completely isolated. She finds it increasingly difficult not to sink into feelings of acute depression.

She has taken on a part time job to support her children, but finds juggling the demands of her job alongside her son's difficult behaviour very challenging. Relying on public transport, she often finds she is late picking up her son from school or arriving to work on time. Holiday periods when he is not at school are a particular nightmare as she has to rely on friends and neighbours. She constantly worries about what will happen if for any reason she suddenly becomes unwell and cannot look after her children.

Nandi would very much like to take up a college course but cannot see how she can achieve this. She would also like to be able to take her son to the local leisure centre, as he loves swimming but finds taking him onto the bus to get there far too stressful due to his behaviour.

1. What sort of outcomes might Nandi wish to achieve as a parent carer?
2. How might you help her to identify the outcomes that are right for her and her children?
3. What sort of solutions might make life better for Nandi and her children?
4. What services and support are available locally to assist in reaching those solutions?
5. How would you ensure the services and support identified are meeting Nandi's identified outcomes?

