

Case studies

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As a service, we love to see our clients grow in confidence, self-belief and independence. Our support approach is always to empower, never to deskill or over protect.

Independent travel and knowing the local area

CASE STUDY EXAMPLE: We supported a client with Schizotypal Personality Disorder and severe social anxiety to access one of our small group sessions at Brookfield garden centre and develop an interest in tropical fish. We supported them to interact with the aquarium staff, helped them gain the confidence to ask questions and then buy a suitable tank within budget. This client now has the confidence and knowledge to catch the bus there independently and continue this hobby without support.

Money management

CASE STUDY EXAMPLE: We taught a young client with autism who had recently finished college, very rarely accessed the community and was heavily dependent on her Mum to manage her money. She was initially very impulsive and felt she needed to purchase things there and then and consequently became very upset and frustrated when she ran out of funds. Staff have spent 121 time with her developing attributes such as planning, organising and patience. She now understands the difference between day to day purchases and saving for larger, more expensive items.

Independent friendships

CASE STUDY EXAMPLE: Three clients who attend our regular weekly pool and snooker social were supported to exchange numbers (and parent's numbers with their consent) and then practiced for a number of weeks, learning how to request a snooker table and the money needed to pay for the activity and food and drink etc. aebal staff built up a relationship with the venue staff so that they were aware there was a plan in motion for the three clients to attend on their own in the near future. 6 months on, they are all proficient at their extra Friday morning snooker session and have massively improved their snooker skills too!

Communication and language skills

CASE STUDY EXAMPLE: We helped a client with autism and limited communication to discover a passion for Karaoke, which was quite unexpected! He was able to read well but didn't have much motivation to communicate with others. Karaoke has provided a real focus for his communication



and vocabulary and he plans and practices his carefully selected songs each month. He loves to recite his song list, has improved hugely with his pitch variation in both spoken word and singing and this new hobby has also helped him form friendships through a shared interest.

Volunteer work / collaborations

EXAMPLE: We collaborate approximately twice a year with another service called Get Wise. They have a background in film and music and our clients have worked on numerous projects such as creating a pop song and music video and an animated short film.

Support with challenging behaviour

CASE STUDY EXAMPLE: We have supported a client with challenging behaviour who struggled to remain in any other support service for longer than a few months. We recognised that physical tiredness, jealousy, and also frustrations around communication and independence were all major triggers for this person. Working closely with them and spending time building a trusting and meaningful relationship, we have supported them to understand their behaviour more clearly and implemented techniques to help them better manage their mood.

Instead of refusing to accept they were tired and feeling anger towards this suggestion, they are now able to independently express when they need some “recharge time” and need to go home earlier or have a day off sessions.

This person is now coming up to being in aebal for a year and has only had one challenging behaviour episode during this time. This has been life changing for them personally and also for their Mum, who has expressed this is the happiest they have been as a family for a very long time.

Preventing depression, anxiety and social isolation

CASE STUDY EXAMPLE: A client who previously felt constantly scared and paranoid of getting himself into trouble with his support service due to his impulsive nature and unfiltered thoughts, has now found a place where he is understood and accepted. Their mental health and feelings of self-loathing had become so severe, they had previously considered taking their life.

They now regularly express how excited they are the night before an aebal session and how happy they feel being out in the community with their group. We recognised how integral humour and playfulness was to their self-worth and well-being so provided support that gave them a platform to entertain people and make them laugh.

Healthier habits and lifestyle choices

CASE STUDY EXAMPLE: A client with schizophrenia, autism and ADHD and on numerous medications, constantly craves fatty and processed food and is extremely impulsive. They are very unhappy with being overweight but also have PDA and don't receive instructions or advice well. They are aware enough to recognise the impact healthier fresh food ingredients have on their energy levels and mood in comparison to deep fried or processed options and often immediately regret choosing something unhealthy to eat. With the client's consent, we voice recorded them explaining their regret for the decision they just made and they advised themselves to order a healthier



option next time. This recording is played back to them at appropriate times and has proven to be very helpful strategy for the client and staff. Instead of feeling they are being controlled and told what to do, the advice is coming from themselves in their own voice. This client is also supported to go to the gym and swim every week which they are often reluctant to do, however, are always grateful and energised afterwards!

Our sessions give their days purpose, direction and the motivation to gain more self-discipline and self-reliance. We continue to try and find new and creative ways to help them overcome their unhealthy habits.

