

A young man with a beard and a cap, wearing a green and black outdoor jacket, is smiling while holding a black kayak paddle. He is outdoors, with a blue sky and water visible in the background.

Paul

**“My staff listen to what I want.
Support is going good.”**

Paul has Asperger syndrome. Affinity Trust has been supporting him to live in his own home for over 8 years. His dedicated support team know Paul very well. They know his routine, his rituals and the triggers which can lead to unpredictable behaviour.

Each staff member understands just how important it is that Paul has routine and consistency in his life and his need for personal space so that he feels safe and does not feel anxious.



Supporting people with learning disabilities

www.affinitytrust.org

Paul is at his happiest when he has a daily activity to complete which has a purpose. His support team work with him to identify achievable goals.

Paul is supported to attend college and he has completed a gardening course. Now his team are helping him to find a new course to take part in.

Paul loves going on long walks across the beach. On other days he plays golf with his support workers. Paul also goes kayaking once a week and his support team learnt to kayak too so that his passion for the activity could be encouraged.

Paul's support team listen to him and work closely with his family and the health and social care professionals connected to his circle of support. They have all seen Paul make progress in leaps and bounds over the years.



“The most positive change is that Paul has developed the confidence and freedom to express himself and to ask questions about his life.”

Pamela
Paul's support manager