

Andrew's Flat

I'm Andrew, I'm 51 now. I moved into care in 1979 and lived in the same home until I moved to my new supported living apartment in March 2010. I now have 41 hours a week personal support when staff visit me in my apartment, at pre-arranged times, to support me with personal care, medication, cooking, cleaning and my two activity days. My key worker, Steve, supports me to pay my bills, do my shopping and to go out to places I choose. I make decisions about lots of things in my life and I can do a lot of things myself, but I need support from Fremantle to enable me to get the most out of life.

I love trains and history and me and my key worker often go to Bletchley Park to see the wartime history exhibition. I also like to watch DVDs on steam trains and have my friends round to watch football. It's my dream to drive a steam train sometime.

Claire, from Fremantle head office, asked if she could come and visit me and write this story, I said I would like that. It was my cleaning day when she came. I started by tidying my bedroom and then hoovering. Then I put some washing into the machine and put the clothes that had just been washed on the airing rack to dry. I dusted my lounge and then took my rubbish out to the bins. I'm not mad on cleaning, I'd rather watch a DVD, but Steve encourages me and I get it all done.

When my housework is finished I can relax and do what I want. Today I decided to go to the communal area to use the PC. Steve helped me to log on to my favourite website. After looking at the steam trains on the site I decided to play bowling on the Wii. After about 10 minutes Mark came in; he lives in another flat in the building and is a friend of mine, and we had a game of bowling together.

I love my flat because I have my own space and can have my friends round whenever I like. My parents often come and visit me; they were a bit worried and not sure about me moving into supported living. They are very pleased now though, because I can do so much more for myself. They know I am safe, happy and well supported.

*"I love my flat,
I have my train set
and I go out on the
train each week."*

