

Mark's Shopping Trip

Hello, my name is Mark and I'm 33 years old. I moved into a care home after my mother died in 2006 and in 2010 everyone in that home moved out into new flats. Now we all have our own flat in the same building and the staff come to our flats to support us. I have 28 hours personal support a week. I know what I want to do and I work hard to get things. I like to go to lots of social events and I have a girlfriend that I go out with at weekends on my own. We like to go to McDonalds and to the shops in town. We want to get engaged one day; the support staff are helping us to understand about relationships and how respecting each other is important.

I can pretty much take care of myself unless I am not feeling well. I can cook simple things but need help with any difficult cooking. I can order and take my medication on my own. I love football and support MK Dons. I also like to watch wrestling.

Claire from Fremantle head office asked me if she could visit to do this story about me. We had a nice time together; she came out shopping with me and my key worker, Mariama. Usually I would get a taxi to town but Claire drove us in her car; it had a voice which told her which way to go, that was cool. First we went to the bank to get some money to do the shopping. We went to Marks and Spencer to get my food shopping. I like to choose this for myself, although I need some help to carry the heavy basket. Then we went to Boots and then, the best bit, we went to McDonalds for lunch.

I love my flat because I can have my own food, watch what I want on TV and stay up late. I can have drinks and snacks when I want to. I choose what I want to do and when I do it. I go out with my key worker and my girlfriend and have friends I can get together with in the communal room, or invite to my flat.

My brothers and sisters come to visit me and sometimes take me out; I love it when they visit. They are very happy that I have my own flat; they can see that I can do so much more for myself now and are pleased that I can be independent.

"My dream is to get married to my girlfriend and live with her."

