

Steven Cooking Chilli

My name is Steven and I'm 38 years old, I moved into care 18 months ago after my father died. I have a brother who is very disabled and my mum needed to look after him. She thought it would be good for me to make my own way in the world. At first I was in a care home but then a place became available in a new supported living service. I moved here in September 2010 when the place first opened. I have my own flat with a sitting room, kitchen, bathroom and bedroom. I really like having my own place.

I have learned to do a lot of things for myself since I moved out of Mum's and I am now pretty independent. I get 30 hours a week personal support, when staff come to my flat to give me support with cooking, cleaning and shopping. I can do my own washing, packed lunches and I am learning to do more cooking. I like to cook for my Mum. When she comes round for dinner I set the table and put flowers on it and I buy some wine to make it special for us. I also like going out for dinner with my Mum.

Claire from Fremantle head office asked if she could visit me in my flat to do this story about me. When she came I had just come back from doing my shopping at Tesco's with my key worker, Bernie. First I needed to put the shopping away; then I cleaned my bathroom and sorted out my washing before starting to prepare my evening meal. I had decided to cook chilli because I know how to do that myself. Bernie sat on a chair in the sitting room and asked me what I was going to do next or suggested things that I needed to do, but other than that I did it all myself. I made more than I need for my meal tonight so that I can freeze some for another time.

I enjoy my life here very much and I really like to be with my friends at day centre, which is where I met my girlfriend, Mel. I also enjoy Gateway Club and Rainbow Club at church and I go to a gardening club, so I keep very busy. My best friends where I live are Jamie and Julian. Jamie moved in at the same time as me but Julian is new. My Mum is very happy that I have got this flat; she said it has secured my future.

"My dream is to go to Disney with my girlfriend, Mel."

