

Case Study

You are working with Rosie who has been referred to your support service. On the referral it says Rosie is a 19-year-old autistic woman.

Rosie is very independent, she moved out of the family home six months ago and is living in a supported living service where she receives a small support package of a few hours support a week. Rosie goes to college and enjoys her course. She has been in a couple of short-term relationships.

Rosie has recently disclosed to her mum that she was sexually assaulted by an ex-boyfriend that she no longer sees. Rosie has said that she does not want to tell the police.

When you start supporting Rosie, she talks about feeling very panicky when out in the community. She is no longer attending college and doesn't like leaving the flat.

The supported living service has issued her with a warning as she is not keeping her flat clean and rubbish is piling up outside her door.

Her mum is very worried about her, she has told her Mum she doesn't want to go on living and that there isn't any point in going to college.

Things to consider.

How can you support Rosie?

You can support Rosie by explaining that how she is feeling is very normal response to what she has experienced.

You can support Rosie by thinking about why it is important to keep her flat clean and take out the her rubbish. Rosie may be finding it a real struggle to even consider small tasks at the moment, so you may want to think about how you can make daily tasks manageable. You could advocate for Rosie with her support service, explaining that you are supporting her and how you are supporting her to maintain her flat.

You could support Rosie to make a safety plan, a safety plan can contain information such as who to call if I'm having a bad day, what will make me feel better, how I can be kind to myself and what to do in an emergency.

You could support Rosie to think about what causes her to feel panicky or stressed. Support her to think about when she feels panicky, what can she do to make herself feel better. You could consider making a chart or using pictures and symbols as a visual planner.

Do you need to consider making a safeguarding referral? Is the ex-partner still a risk? Does Rosie have capacity to consent to a sexual relationship and the decision to not report the abuse?

Think about what other referrals you can suggest, such as a referral to a specialist service or therapeutic services.