

New Models for Learning Disability Day Support Collaborative

Design Persona: Aron

Designed by ARC Scotland

February 2022

Improvement Hub

Enabling health and
social care improvement

Introduction

My name is Aron (he/him), I am 17 and I identify as LGBT. I am just about to leave school. I live in a city in the West of Scotland with my Mum and little brother. I split my time between my parents.

I am very close to my family. My little brother has additional support needs and I help my Mum to care for him as he needs 24/7 supervision. I have support needs too but my brother's needs are greater so we all have to focus on supporting him.

Other important people in my life are my Guidance Teacher who I have known for 3 years, and my Sunday School teacher. I have a good friend from my previous school, and another from Cadets.

I have experienced bullying at school and don't have any friends there. I was in a relationship with another student for two years that just ended. This relationship was abusive and controlling and isolated me from other students. I get support from my CAMHS CPN and Psychiatrist for low mood and anxiety. I have also been diagnosed with ADHD but don't get support with this. I have been using alcohol as a way to cope with what has been going on.

My communication

- I have Dyslexia and find it hard to process written information (like forms). I was only formally diagnosed two weeks before my final exams and I haven't gotten any support for this.
- Due to my anxiety I struggle to make phone calls and need support from others to do this.
- Sometimes I find it hard to articulate what I need and to ask for help.
- I struggle with self confidence and my self esteem is really low.

My motivations

- I love art. I have done art therapy in the past and now it is a hobby.
- My faith is important to me and I go to church and Sunday School every week.
- I help out at my school's lunchtime club for students with ASN – I enjoy helping out and it gives me a safe place to go to avoid bullying.

My frustrations

- Lack of support for bilingual students (like me) who have Dyslexia
- Lack of understanding of LGBT issues
- Lack of understanding for young people with complex mental health issues
- Watching my Mum struggle to access the support we needs for my younger brother
- CAMHS have talked about my transition to adult mental health services but nothing has been confirmed yet
- I have gotten very little support from my careers advisor and have been left to sort out my college applications myself.

My short-term ambitions

To leave school and have a fresh start! I am going to college to study nursing.

My long-term ambitions

- To go to university to study nursing
- To move out of home and live independently
- To eventually look into fostering children with additional support needs

My experience of how I spend my day

Routine is very important to me. A typical day for me includes:

- Walking my dog
- Going to school (I walk there and back)
- At lunchtime I volunteer at a club for students with additional support needs
- After school I look after my brother at school and try and get him to do social things like playing computer games together
- I help Mum with the house work, making the dinner, looking after our dogs
- I do my homework

Once a week I get support from CAMHS after school. On the weekends I stay with my Dad.