

Families First

Enquiries and how we've helped

1-year-old with a recent diagnosis of retinal dystrophy.

- Supported the family in understanding the roles of professionals
- Explained various therapies and reasons for visits
- Provided play activity sessions to aid bonding and communication
- Supported the family in building relationships with QTVI and Mobility services

4-year-old who is registered blind. The family are from India and school had referred them as the parents were struggling with anxiety for their child's future.

- Established a good relationship with the family based on honesty and transparency, earning their trust
- The stigma of blindness addressed during 1-to-1 sessions with the family who said they 'felt a burden had been lifted'
- Dad became more motivated and enthusiastic about being able to have an impact on his child's future

7-year-old with excellent Braille skills. Struggles in the playground and with peer relationships, and regularly has 'meltdowns' at home.

- Offered the young person emotional support and psychoeducation around emotions and alternative strategies
- Provided their classroom Teaching Assistant with advice on this and what they could do to support them in school
- School reported that this young person was responding more positively as a result

16-year-old feeling really low when they realised that their eye condition might limit their career choices. They lacked confidence and were very conscious of their eye condition.

- Worked on building resilience and self-esteem, with a focus on their positive strengths and ability to articulate their worries
 - After the sessions, the young person said they felt more independent, sociable and more content with themselves
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17-year-old whose older brother has the same eye condition. They want independence and feel a sense of loss regarding their peer relationships and their vision. Due to their cultural background and religious beliefs, there are some misconceptions around disability and how this can be successfully managed.

- Worked on feelings of despair, alienation and powerlessness
- Explored helpful relaxation techniques to reduce anxiety while finding ways to modify their negative patterns of thinking

“It was hard at first and took a bit of effort on my part, but I soon understood why I felt the way I did and was able to use these techniques alone which made me feel better about myself.”

22-year-old who lost their sight when they were 17 and has struggled with education and employment since.

- Left education with only level 1 and 2 qualifications, which were not felt to be enough for further education or employment
- We linked in with our Employment Service and Assistive Technology teams
- Secured a college course with a possibility of an apprenticeship

To find out more about our Families First Service visit:
www.rsbc.org.uk/families/families-first