

Meet Daniel

Supported Living in Clacton on Sea, Essex



Daniel's history

Daniel moved to Achieve together following issues at multiple homes where he resided before. Historically, this was linked to difficulties in maintaining relationships, challenges with boundaries, and behaviours that were perceived as high risk, that at times resulted in police involvement.

First steps

When he moved in Daniel was assessed as needing a high level of support with 10 hours a day allocated. Despite consistent efforts from the team to provide support and autonomy Daniel found it difficult to engage positively. He expressed frustration at being directed by team members and often resisted guidance, which contributed to ongoing tensions.

Ongoing support

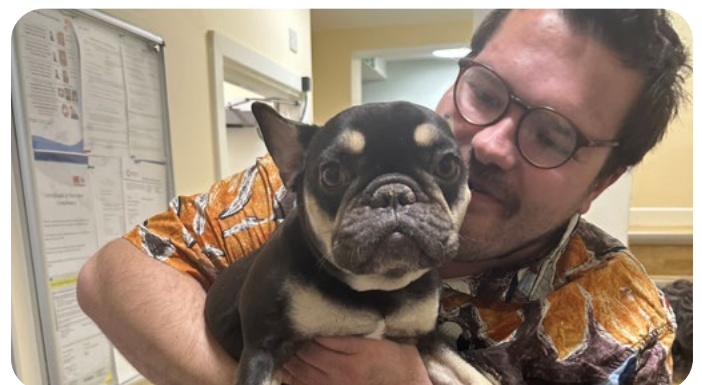
In July 2025 the team supported Daniel to undertake comprehensive assessments with local psychiatry and psychology teams. As a result of this, a clearer understanding of Daniel's needs were established. It was determined that Daniel did not have a learning disability, he has a diagnosis of Autism and he has capacity to make his own decisions. The support offered to Daniel was adapted, reduced and made less restrictive, allowing Daniel to go sightseeing and spend more time out and about independently and make his own decisions.

Daniel's progress

Daniel has a keen interest in History and Geography and loves exploring new places, sightseeing and being independent. He's confident travelling independently by bus and likes to go to churches, community centres and the local library, where he likes to use their computers for his own research and to access social media channels.

Daniel also likes bingo, bowling, walking, eating out, and cooking—he is a very good cook! He particularly values opportunities to engage socially and attend events where he can interact with others.

Daniel's support has been reduced to just five hours a week, with a view to reducing this even further in the future. He's now confident in navigating environments and engaging in daily activities. He clearly communicates his wishes and preferences to the team and is enjoying his new level of freedom. Daniel openly admits he doesn't like rules and boundaries, enjoys taking risks and may intentionally wind people up.



Looking to the future

The housing service have acknowledged the change in circumstances and have agreed to support a transition into more independent living. Daniel is looking forward making his own decisions, learning from his own experiences and living in a way that reflects his values and preferences.

Daniel's thoughts

"My goal is to live in my own flat without support, so that I can be fully independent".

Jo-Ann's thoughts

"We're really pleased with the progress Daniel has made since moving here and are thrilled to be helping him with the next step of his journey into independent living, enabling him to live, grow and flourish on his own terms".



Find out more

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Our values:

Scan the QR code to hear from our teams and the people we support about life at Achieve together.



Being Brave



Having Fun



Making Things Happen



Valuing everyone