

Case Study

Dyma Ni

RAY Ceredigion

Background

Dyma Ni was a pilot project aimed to support disabled people between 17-30 years old. The project emerged out of a perceived gap in support for young people with disabilities in Ceredigion. Presently, as young people with disabilities reach the age of 18 there is a reduction in available support that facilitates social integration.

Participant 7

As part of the report produced by Wavehill, 3 individual case studies were created. Each has been chosen to represent some key aspects of the project, as well as for an illustration of impacts and outcomes which have resulted from being part of Dyma Ni.

For the parent of Participant 7, Dyma Ni has played a huge role in developing their independence, maturity and thoughtfulness. Participating in Dyma Ni for Participant 7 has given them the freedom and confidence with which to catch the bus to the group sessions every week, as well as to shop for the family on the way home, something that their parent sees as them developing consideration for the family and the role that they play within it:

"He's gained quite a lot of independence. It's nice that it's quite local because he can catch a bus by himself and is very confident going to Aberaeron and picking up shopping on the way home after... It's lovely to see that he can plan and do things by himself, things that are helpful for us. [The participant has] become a lot more independent and thoughtful."



Dyma Ni has also given Participant 7 an opportunity to mix and socialise with people their own age and develop friendships as a result. The parent describes how they are now in touch with their friends every day.

As part of the work with Dyma Ni, the parent of Participant 7 describes

how they have a portfolio booklet of what they have achieved and enjoy as part of Dyma Ni. This helps the family to stay in touch with the participant's interests and activities in the project.

A positive development since the participant has been involved in the project was that they had signed up for a work placement project. This allowed the participant to secure a few local job roles and their parent noted that they had since applied for a permanent role within a local business. Again, this was noted to have been due and helped to increase their confidence:

"He signed up to another project which looked for work placements for him, so he worked at [local business] for a while and at [local business]. He's more and more confident now and he's in the process of applying for a job at [local business], where they can support his role. That would be another way for him to meet people of a similar age and to develop proper friendships the way everyone else does."

During the COVID-19 lockdown the parent of Participant 7 noted that they managed to find things for them to do around the house, as they like to be kept busy. Moreover, the participant had contact from the project worker every other week to check up on them and how they were doing. This, they believed, reduced the impact of the COVID-19 restrictions upon the participant.

The family are working to help increase and develop the independence established within the participant; for example, when they go shopping, they ensure that they also come but have their own trolley so as to experience shopping independently. They noted that they often had not noticed what the participant could do, but this was highlighted through their achievements in Dyma Ni, as the following quote suggests:

"With the way that he's progressing, it's obviously satisfying something to give him the confidence to reach a new milestone each month. Sometimes I didn't realise he hadn't got there already – he's thinking for himself a lot more. Instead of having to tell him what he needs to buy for Christmas presents, he'll buy them himself or go shopping for us on the way home to help us."

The parent of Participant 7 feels that without Dyma Ni the friendships established within the group would cease to exist and they would have less to keep them occupied. They see Dyma Ni as a great opportunity for local young people and note that it would be good if the experience were open to more people in the area.



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