

Preparing food:

John needs supervision to prepare his own meals as following more complex instructions is difficult for him and he is easily distracted.

Quite recently I asked him to put some rice on for dinner. I left instructions on how to do this. When I got back about an hour later, the rice was still on and John was in his room. He had completely forgotten about the rice.

John still lives at home and has a routine regarding his meals which is a comfort to him.

He chooses to eat the same things each day.

I cook the evening meal for everyone. If John were home alone, he wouldn't cook as he would only worry about this all day. He finds it hard enough under my supervision to do this, so would definitely not be able to on his own.

Talking, listening and understanding:

John gets anxious when talking to people, and when in this state he doesn't take in information, misinterprets or almost immediately forgets what has been said to him.

This happened on a visit to the doctor about his insomnia and possible ADHD.

John told them that his mind is permanently racing with thoughts, rhythms, words or singing, His mind is never restful and therefore is awake until about 3AM.

He was told to take Nytol and to try meditation. Obviously Nytol is not a long term solution, so we decided to take CBD capsules to help with his anxiety and sleep problems.

John doesn't answer his phone as he needs time to process and plan what he is going to say, he asks for my help with this and any emails that he receives too.

His first call from UVC, John got very stressed and emotional as he hadn't been able to plan for it, he didn't cope at all well. Fortunately the lady appointed to him was very understanding and did all the talking. She also arranged that he wouldn't have to take calls in the future, and all the communication with him is done through his journal. John is very grateful for this, although he still needs help with organizing his thoughts into clear sentences which takes a lot of time and is very mentally draining for him.

Is there any help available that John could receive about his insomnia and depression as it may help him to understand why he experiences these things and how to cope. He is taking CBD capsules but they haven't had any effect so far.

Reading

John always asks for my help with replying to any text, emails or letters he receives.

When John receives a message from UVC for example, he needs support to pick up on the important pieces of information; explain to him what they mean and what to do.

Mixing with other people

Social situations and interactions overwhelm John, because of this he will avoid them at all costs.

When unplanned events happen it causes John intense anxiety and when in this state he temporarily loses the ability to speak and needs to be alone to recover from this as it is mentally exhausting.

John is happy with his own company and doesn't have any friends. He has never had any kind of relationship and has no interest in doing so either.

Being his mum, I do worry about him because of this.

Planning and following a journey

John rarely goes out and never alone. Whenever he has to use public transport I accompany him to prevent him from getting on to the wrong bus or train and to read and understand the timetable, which is very difficult for John.

We have occasionally traveled by train to visit my mum in Kent; even though I was doing the navigating, John did become anxious as it was busy and noisy. John definitely prefers to go by car because of this (John doesn't drive)