

Welcome in my house!

Hello, my name is Israh, I'm 21 years old. Welcome to my house.

I live with my mum Sara, and my little sister, Safa. We live at 20 Pilton Drive, in North Edinburgh.

I have Autism and Learning Disabilities. I suffer from complex absence seizures daily and they are a result of primary microcephaly. I take medication every day. Mum always makes sure that I have my meds with me, and she writes down in a little notebook at what time my staff should administer them.

It takes time to learn to recognize when I am experiencing seizures. Sometimes it is difficult to defer at first when I have a seizure and when I am daydreaming.

Usually, when I have a seizure, I will lean on something or sit down. I may stare into space and become unresponsive. This may take from seconds to minutes. If I have many seizures in a short period of time, I will become tired.

Once a seizure is going away ask me questions such as do, I know where we are going. If my focus is back and I can answer and to keep the conversation going that indicates that the seizure went away.

My support is 2:1 outreach now (Monday to Friday for 5 or 6 hours), but in the future, I will be staying in my own home and I will need 24/7 2:1 care.

My staff picks me up in the morning and once we are organized in the car, we plan of where to go. I love being a part of that decision making. There are many things I like to do, and I am also open for new things and suggestions.

I really like to go out in my car, we usually go to see horses or donkeys. I wish one day I could ride a horse. I love animals. I also like to go and see airplanes taking off and landing, because I picture myself going on holidays to Spain or to Pakistan, where all my family is from.

When we are in the car, I love listening to music and singing along. I love Bollywood songs, Justin Bieber, and any upbeat music that can cheer me up. When I'm listening to music I imagine myself in my wedding, my mum told me I can get married with a Muslim man when I'm 40. I always ask my staff if they are married or have family. I like to talk about the dress and the makeup I am going to wear on my wedding day.

I also enjoy going to Portobello promenade, Dunbar or North Berwick, have a picnic with my staff when the weather allows it. Every time we are out and about, staff encourages me to walk and do exercise for my health. I really need to be motivated to do that.

I need to be encouraged to make healthy choices while buying meals for my lunch. Please encourage me to do physical activities and walks.

When I am tired, I may complain about sore back and I may lean on my staff's arms that is why I need a lot of small breaks.

My balance and sense of space are not always good.

Please read risk assessments for more details.

The manager for my service is Justyna.

I communicate with staff verbally. When people talk to me, I need them to talk paused and slow so I can understand.

I love human interactions and a good chat. Due to my health, my speech is blurred, and it can be difficult to understand at first. But don't worry the more time you spend with me the easier it gets to understand me. Besides I have a good facial expression, I can point at things I want. I can nod my head to express my feelings.

When it comes to food, I really enjoy eating a little bit of everything. Due to my religious upbringing and beliefs, staff need to make sure that when we are picking my lunch is either halal option or something without ham or bacon. When mom says is ok, we go to KFC in Meadowbank to eat all together.

I can also eat by myself, but I may need some assistance opening bottles or packaging. I also need to be reminded to wipe my face after eating.

When I'm with my staff I take my medication. Every time before we leave the house, my mom says what time medication should be administered. I usually don't have any trouble taking my medication, but I need to be reminded. Staff should give me the tablets and make sure I swallow them properly.

I can use the toilet by myself and when I need it, I communicate it immediately. When I use a public toilet, I don't lock the cubicle so staff should hold the door for me. Staff also should remind me to wash my hands properly after using the toilet or eating.

Sometimes I wear a helmet just in case I fall due to the seizure. Staff hold my hand during this if I need to.

In the public to keep me safe always hold my hand. It is important because I may get excited or when I want to make a joke I can try to run off.

Please be aware that I may speak to people I don't know, poke them, and even cross their personal space. I may say things like 'I love you' or 'You are my boyfriend' Please always keep me safe and remind and explain every time why I can't approach strangers.