

Meet Jo

'Jo' is an Autistic Person. In 2016 Jo's mum died, and Jo increasingly turned to alcohol for support as he struggled to cope.

Jo moved out of his family home nearly 20 years ago, when he was 21 years old. He lived in supported accommodation and kept in touch with his mum and dad. Things seemed to be going well, and Jo's social worker thought he could live independently, and helped him to find a flat.

When Jo's mum died in 2016, Jo struggled to cope and turned to alcohol. Jo was drinking every day, and this led to his first contact with the police in 2021. Jo was sentenced for being under the influence of alcohol and exposure and went to prison for 7 months. There was no social worker involvement at this time. Jo was convicted of the same offence and handed a second prison sentence 6 months later. Jo's dad contacted social services to arrange support.

In February 2024, Jo was arrested and convicted a third time for being under the influence and exposure.

What are the key challenges that Jo is facing?

What services and support might be available to help Jo?

What helped turn things around?

In 2024 after the third release from prison, Jo had an alcohol tag fitted to help him stop drinking.

Jo's social worker also suggested going back in to supported living. Jo agreed, and the social worker made the arrangements for this to happen. Jo now says he doesn't think he should ever have lived by himself. Jo also receives 1 to 1 support from his supported living provider.

Jo joined a self-advocacy group as well and gets to participate in activities he enjoys like bowling and going to the cinema.

Jo no longer drinks. Without supported housing and additional support, he says he would have continued drinking and would likely have ended up back in prison.

Jo likes supported living and feels happier with life.

Jo turns 40 this year, and says he feels better, like a different man now, more like when his mum was here.