

Case

Heidi, woman 34 years old

She was born and raised in Bornholm, and in recent years has studied in Ålborg. First History, and later to School teacher, where she had attended the seminar for 2 years, when she interrupted the education.

Heidi moved home to the parents, and took contact to the Job center. She explained at the inquiry that she always has had issues with maintaining education and work. In periods she also had depressive symptoms and poor self-esteem.

Only recently, she had been diagnosed with Aspergers, because she has compensated for her issues along the way.

She uses a lot of energy to behave normally in social contexts and become quickly stressed and lose overview.

Heidi has now acknowledged that she cannot cope with education and work on normal terms – the acknowledgement has been difficult for her.

I (case worker) obtained with Heidi's permission status certificate from psychiatric center, where Heidi had conversation for a while, and where you on the basis of these conversations made the diagnosis F84.5 Aspergers Syndrome.

The certificate states the following about safeguarding requirements in relation to labour market and possibly education plans.

Safeguarding requirement

"Pt. has a huge desire to find foothold in the labour market and get a relevant education Pt. has ideas to which subjects that are relevant, including possibly being able to use her obvious drawing talent in business context. In the planning of this, there must be taken into account to pt's need for routines and her reduced flexibility, this means pt should be prepared in good time for changes. As a result Autism Spectrum disorder she will have difficulties of following other's tempo. Asperger's Syndrome is major development disorder that is life-long. There exist no psychiatric treatment possibilities. The treatment is pedagogical/ psychological and involves pt gaining greater self-understanding to be able to see themselves and the world through the understanding of Asperger's Syndrome. There will probably be days where pt. has been too over stimulated and therefore has a need to recover at home. Accompanying symptoms of Asperger's Syndrome is increased stress vulnerability, anxiety and depression. With the right initiative and increased self-understanding pt. will be able to get relevant education and work. We cannot comment on whether it will be on ordinary terms at this time."

Based on conversations with Heidi, it emerged that Heidi has great capabilities and interests within the IT field.

Heidi was granted rehabilitation/ support for education in AspIT, it is a nationwide education offer to people with Autism spectrum disorder. The education is a 3 year vocational education within the IT field. The first 18 months happen in school environment, where there is taught in small teams and individually. The physical frameworks are arranged to meet the pupils' safeguarding requirement and need. After the 18 months in school, the rest of the education happens in a workplace.

Heidi has now completed 9 months of the education – is very satisfied for the offer, and she is very skilled.

She has also gotten a mentor/ support person from the a-house, which she meets once a week. This support person helps Heidi with getting structure in everyday life with all the conditions that apply in the home.