

Mental Health Supported Accommodation service case study

October 2021

X moved into the Mental Health Supported Accommodation service in August 2015 after spending many years living on Psychiatric wards.

They have a diagnosis of Emotionally Unstable Personality Disorder, Borderline learning difficulties, recurrent depression, and command hallucinations.

When X moved in, they often struggled to be able to talk to staff and found it difficult to communicate their feelings and needs. This could sometimes lead to self-harming and on a couple of occasions getting into trouble with the Police and receiving short custodial sentences.

With the support of the Service, there was a gradual build-up of getting X to do more and more for themselves, and with staff support working with X in a repetitive manner, they became used to routines, and found this a way of learning how to manage situations and living more independently.

X had support to get their medication into blister packs so that they no longer had to worry about having lots of individual boxes of medication. They are now capable of re-ordering medication online, collecting it from the pharmacy and have remained compliant with taking it.

X has some additional health issues, of which they are fully aware but choose not to address; they have been given information and help on how to manage their weight in relation to Diabetes and signposted to services and support if they change their mind.

X moved on from the service after 6 years of support. This is longer than the service is currently set up for, but X had spent many years in hospital and had a lot of re-adjustment to do. The slow and gradual support approach ensured they were able to make gradual changes and achieve key goals at their own pace and manage any setbacks with the support of the service; they are now happy and settled in their new home. They are managing all their bills and finances and their medication is in a regular pattern with monthly Dossett box and a reminder clock to take it. They have rebuilt their relationship with their daughters, which had been strained over recent years, with regular visits from them and family and like to go out for meals and to socialise. They are keeping a tidy and well-furnished home.