

CASE STUDY Learning Disabilities

The Service User

Karen* is a young female from the Norwich area, who has recently been diagnosed with Learning Disabilities. She is also 24 weeks pregnant.

It became apparent that Karen was finding it hard to come to terms with her pregnancy and the fact her lifestyle needed to change to accommodate a new-born baby.

Karen's lifestyle consisted of an unhealthy diet and not being able to settle into a regular, well-balanced routine. The unfortunate reality was immersing that if she continued living the way she was, her new-born child might put into care.

The Requirement

The North Norfolk Learning Disabilities Team contacted Interserve Healthcare to help support Karen.

The Norwich Branch Manager of Interserve Healthcare went to meet Karen to discuss her care preferences and find out a little more about her and what Interserve Healthcare could do to fully support her.

Out of this initial meeting it was noted that Karen would prefer a female Support Worker of a certain age and one that could build up a good relationship with her.

The Outcome

Karen is continuing to receive support from an Interserve Support Worker, learning about becoming a new Mother and having assistance in attending hospital appointments.

Karen is now starting to follow a routine, eating more healthier and generally living each day in a more well-balanced manner.

Karen has shown a great deal of improvement since being supported by Interserve Healthcare, who continue to assist the Social Work Team that are carrying out an on-going assessment of Karen's progress. With this on-going improvement it is looking more likely that Karen will be able to keep her child and avoid placing him/her into care.

Once Karen's baby is born, Interserve Healthcare will do everything to continue to assist her with her parental skills and routines with the baby.