

## CASE STUDY Transition to independent living

### The Service User

Peter\* suffered a traumatic brain injury at the age of 17. Following his accident he suffered with poor short term memory and a lack of motivation to complete every-day tasks. He became heavily reliant on his Mum and was impressionable so often fell in with the wrong crowd.

Peter had been living at home spending most of his time playing Xbox each day and accessed very few community activities, however he did want to be able to live independently. As a result Peter's Mum contacted his Case Manager to see if this could be possible and whether he could be supported in this transition.

### The Requirement

Peter's Case Manager sourced him his own accommodation and contacted Interserve Healthcare to see what support could be offered to Peter to help him learn to live independently.

Interserve Healthcare arranged for our selected live-in Support Workers to attend an initial session with Peter's Neuro rehabilitation specialist, where a plan was devised for his transition period incorporating Peter's short and long term goals into his care plan. We provided our live-in Support Worker for an initial 12 week period and due to the progress that Peter was making in achieving his goals, we were able to scale his support back to 6 hours per day thereafter.

This was a challenging case for Interserve Healthcare as it was important to keep Peter motivated to focus on his rehabilitation goals and also make the right choices in terms of people he mixed with. It was also important for Peter to be financially responsible, therefore systems were put in place for dealing with bills and shopping etc.

As Peter was living independently, it was important that he was motivated to access activities in the community such as the going to the cinema, music events and sessions at his local Headway Centre.

### The Outcome

Interserve Healthcare Support Workers attended regular MDT meetings where Peter's progress was discussed and additional support plans were put in place to meet each new challenge.

Peter has now started to enjoy 'jam nights' at his local pub with his Support Worker and he has a visual prompt system in place using his iPad for dealing with bills and appointments.

Peter's Mum is now confident that he can live independently in his home, with the support of a trusted healthcare professional, as well as being encouraged to leave his home and re-gain his motivation.

*\*Service Users name has been changed for data protection.*