



# Angela's story

## Loughshore case study



### How we supported Angela

Angela\* is a lady with a learning disability, with a diagnosis of autism and mental health needs, related to her anxiety and paranoid thoughts. Angela previously lived at home with her parents until they unfortunately passed away. During this difficult time in Angela's life, she struggled with low mood, and began presenting with erratic behaviours, which were concerning. This led to her receiving treatment at a local hospital.

Upon discharge from the hospital, Angela lived in a community setting for 30 years until her mental health started to decline in 2016. As a result of this, Angela moved into an older people's care service. The placement was not sustainable due to the service being unable to meet Angela's complex needs. This resulted in another admission into the local hospital, before Angela was accepted for a placement at Loughshore.



## How has Loughshore helped Angela?

At first, Angela struggled with the move into a community setting and was mistrustful of her new support team. She suffered with low mood and feelings of anxiety, and was reluctant to leave her flat. At times, Angela's anxious feelings would result in incidents of concerning behaviour, directed towards members of staff.

The team at Loughshore knew that developing therapeutic relationships with Angela would be key. Through consistency, understanding and training bespoke to Angela needs, the team were able to build rapport and trust. This meant Angela was able to engage the support, and benefit from a significant and positive change in her wellbeing and behaviours.

The wide range of planned activities in the community and at Loughshore have also helped Angela to become more confident and further develop her skills. This includes being the most active member of the cookery sessions at the service, often taking a leading role and delegating tasks or providing assistance to other residents.

One of Angela's goals was to become more independent, which staff have encouraged and supported her to achieve through careful planning, working closely alongside her. As a result of this, we are delighted that Angela can now access the community without staff support and has a voluntary job in a local shop. Angela has also built supportive connections with the local church that she attends and is a valued member within a woman's group.

Everyone at Loughshore is delighted with Angela's progress and the positive outcomes she has achieved.



## Contact us today

If you would like to make a referral, call us on **0808 208 2147**.

If you have a specific enquiry for the site, call the local number on **02890 852866**.

Alternatively, send an email to **adultcare@priorygroup.com**

or visit our website at **www.prioryadultcare.co.uk**

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