



Martin's story

Brooke House Case Study

Martin has a diagnosis of emotionally unstable personality disorder and autism. With a history of sexual abuse when he was a child, Martin was subsequently placed into foster care.

As an adult, Martin spent time in hospital as a result of his mental health needs. This included a Priory hospital where he lived for three years. The hospital team then supported him to look at potential alternatives, which would help him to progress and gain more independence.

Why Brooke House?

Following a visit, Martin liked Priory Brooke House, and felt it would be a suitable environment for him to continue his recovery. He believed it would enable him to develop his independence and life skills, ahead of moving on to his own property.

It was felt the team had the skills to support him effectively and, as he wanted to become more independent, the progressive ethos at Brooke House was ideal for him. He shared similar interests with other residents, and he was very excited about the surroundings and sights in Southampton. Martin loves fishing and boats, so being close to the dockyard, where many cruise ships are in and out each day, was a real bonus for him.





Working together to provide a successful transition

Brooke House staff worked closely with the Priory hospital, Martin and his extended support team, to produce person-centred support and risk management plans. Staff met with him regularly to build rapport and reduce his anxieties about the move. The process of moving from a Priory Healthcare service to Priory Adult Care service was seamless, and provided Martin with a great sense of familiarity.

Martin was unsettled when he first moved into Brooke House, but staff and residents were very welcoming, and support was structured to make sure he had somebody with him at all times. After a few weeks this was reduced and he started feeling confident enough to go out into the community independently. He was encouraged to maintain links with the hospital, as he had built strong friendships with patients and staff.

Settling into a new life at Brooke House

Martin initially required a male team, as he had a history of inappropriate and sometimes violent thoughts about certain female staff members, which was linked to previous abuse he experienced as a child. He was supported to interact with females, and staff supported him around understanding boundaries and positive relationships.

When Martin arrived at Brooke House, he received high levels of staff input each week to help him settle and manage potential risk of harm, which was reduced in a planned way over time. Staff supported him to develop a structured activity planner, as he liked having a routine in place. This included support to learn new skills such as cooking, cleaning, washing and shopping independently. He was also supported to go fishing and gardening, which were activities he really wanted to get involved with.

Achieving positive outcomes at Brooke House

Martin progressed significantly since first arriving at Brooke House. He attended all daily activities independently and soon worked towards no longer requiring any 1:1 support in the community.

He was eager to become independent with his medication and became confident with managing this by himself, with the support of staff who monitored him through the process.

Support was gradually reduced and he made some great new friends, both within Brooke House and the wider community. He started a relationship with a lady he met at a local disco and saw it as a really positive step in learning to trust people. He became much more confident, regularly spending time watching the boats in the dockyard.

Martin made great improvements in his daily living skills and eventually moved to his own flat, along with his fiancée, who he proposed to prior to leaving Brooke House.



Contact us today

To make a referral or for enquiries and further information about Brooke House:

Call us on **0808 231 9425**

Send an email to **adultcare@priorygroup.com**

Visit our website at **www.prioryadultcare.co.uk**

Brooke House, 123 Millbrook Road East, Freemantle, Southampton SO15 1HQ