



ANDREW.

OLTON GRANGE

IN THE EARLY DAYS

Andrew, 60, diagnosed with severe anxiety and depression, moved into Olton Grange on 31 March 2025 following a referral from the Solihull Community Mental Health Team. Prior to this, he had lived with a family friend for over six months, who, due to Andrew being unwell, managed all daily living tasks including cooking, laundry, medication and shopping - resulting in a loss of independence.

When he first arrived, Andrew was extremely withdrawn, isolating himself in his room and neglecting personal care. He refused to cook and relied entirely on staff to ensure he was eating. Andrew also expressed negative thoughts, including self-harm ideation, and spoke frequently about a traumatic car accident from his past. He was resistant to any form of talking therapy, believing that others could not understand him, and he often expressed a desire to return to the familiar environment of his family friend's home.

COLLABORATIVE SUPPORT GOALS

We collaborated with Andrew to establish clear goals based on what mattered to him:

- ✓ Build confidence/autonomy in daily tasks
- ✓ Re-establish self-care routines (cooking, hygiene, shopping)
- ✓ Attend appointments reliably, first with support and then independently

These goals became the foundation for his personalised support plan, combining hydration, nutrition, independence-building, and community integration.

CELEBRATING EACH STEP

Since joining Olton Grange, Andrew has achieved significant milestones:

Health & Nutrition: After being assessed as malnourished and dehydrated by emergency services, the team began regular two-hourly hydration checks (200ml water each) and support preparing three meals a day. His weight has increased from 60 kg to 63.9 kg.

Cooking & Independence: He has learned about cooking safety and hygiene, and has begun to prepare meals independently in the communal kitchen.

Personal Care & Autonomy: Following 1:1 support from the team, Andrew visited the barbers independently for a haircut and beard trim, which he hadn't done in many months.

Confidence with spending: He bought clothes and groceries himself, addressing previous feelings that he didn't "deserve" money.

Appointments & Engagement: Previously refusing all meetings due to severe anxiety, Andrew now attends all professional appointments, even those outside his care team, with team support.

Routine Personal Care: With fewer prompts, he now regularly changes clothes, showers, and completes laundry far more consistently.

In addition to his progress, Andrew is beginning to reconnect with the things that bring him joy. He enjoys playing board games, pool and going for walks. Listening to the radio and watching movies are among his favourite ways to unwind. These activities not only help Andrew relax but also offer meaningful opportunities for social engagement, bringing warmth and familiarity into his daily routine. This has helped the team get to know Andrew, further strengthening our supportive relationship.

LOOKING TOWARDS THE FUTURE

Andrew has taken great strides in his journey to independence and has fully met the key goals from his support plan. He is now focused on taking the next steps:

- ✓ Weekly grocery shopping and budgeting sessions to further his independence
- ✓ Monthly clothes shopping to reinforce positive self-esteem and autonomy

In just three months, Andrew has made incredible strides, from isolation and dependence to preparing his own meals, attending appointments and reconnecting with the things he enjoys. His journey reflects both resilience and the power of compassionate, consistent support.

While challenges remain, the progress he's made is inspiring. At Olton Grange, we're proud to walk alongside Andrew as he continues building a life filled with purpose, dignity, and growing confidence.



For more information regarding our referral process or to discuss life at Olton Grange:

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