



ANTHONY.

OLTON GRANGE

“It is down to the staff here, and you guys that have helped me get here, get to where I am today and I appreciate that.”

IN THE EARLY DAYS

Anthony, 45, was referred to Olton Grange by the Maple Leaf Centre CMHT. He moved in on 21st November 2023, and has now been with us for over a year and a half. Prior to this, Anthony lived with family and was diagnosed with EUPD, PTSD (with symptoms including paranoia, delusions, confusion, emotional outbursts, and social isolation), and is currently awaiting assessment for Autism.

When Anthony first arrived, even during assessment, he spoke very little on his own behalf, often relying on his brother and social worker to express his thoughts and needs. He struggled to communicate emotions and felt disconnected from the idea that a fulfilling life could be possible despite his diagnosis. Personal care was infrequent, meals were irregular, and previous coping mechanisms had included alcohol and drug use.

COLLABORATIVE SUPPORT GOALS

Working together, we established goals that focused on rebuilding confidence and daily living skills:

- ✓ To take full responsibility for managing and safely storing his own medication.
- ✓ To independently book and attend his health and support appointments.
- ✓ To stay on top of daily tasks and routines, including personal care and housekeeping, with minimal reminders.
- ✓ To secure a council property and move on to live independently.
- ✓ To feel confident expressing his needs, concerns, and preferences clearly and in his own words.

Anthony has not only worked towards these goals, he has achieved them with determination and pride.

CELEBRATING EACH STEP

Anthony has shown immense progress in all aspects of his care and daily life. When he first arrived, he struggled to communicate and relied on others to speak for him. Today, he speaks confidently and clearly advocates for himself in meetings and day-to-day interactions. This growth in self-expression has been pivotal not only in building trust with the team but also in helping Anthony feel heard and empowered.

His medication management is now completely independent. From ordering prescriptions to safe storage and daily administration, Anthony has taken full ownership of a task that once required significant support. This independence extends to his health appointments, which he now books and attends without needing prompts or escorting, an impressive step forward from the early days of staff-led coordination.

Anthony prepares all of his meals confidently, demonstrating awareness of nutrition and food safety. He maintains a tidy, livable space and attends to all personal care needs consistently. Budgeting has also become second nature to him, allowing him to shop weekly and ensure he has everything he needs - financially and practically.

Outside of his progress with health and independence, Anthony enjoys camping and cherishes weekends spent with his granddaughter, daughter, and brother. These connections have been a grounding part of his journey, reminding us all of the importance of family, routine, and personal joy.

LOOKING TOWARDS THE FUTURE

Anthony is now actively bidding on council properties and has applied for a priority band change to support his move to independent living. With growing confidence and self-reliance, both he and his support team agree he's ready for this next chapter.

His time at Olton Grange has been transformational. In just over a year and a half, Anthony has gone from withdrawn and dependent to confident, capable, and hopeful. With determination and consistent support, he has taken control of his care and reconnected with a sense of purpose and self-worth.



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

t: 0161 974 7210

e: contact@northernhealthcare.org.uk

www.northernhealthcare.org.uk