

HELEN.

MONTGOMERY HOUSE

“Thank you to all staff & residents for making Helen feel so welcome & at home. I’m sure you have seen big changes in more ways than one!” - Helen’s Mum

Wednesday 19 August 2020 is a key date in the Montgomery team diary – the day Helen moved to her own flat after two years and five days living at our service.

IN THE EARLY DAYS

Helen now 35, lives with Paranoid Schizophrenia, Autism Spectrum Disorder and Learning Disabilities. When she came to our service following a referral from ASC Healthcare, The Brightmet centre for Autism in Bolton, Helen was very reserved. She would not leave the service or sit in communal areas; only taking part in arts and crafts. Helen was also unable to manage her money and the hospital team were initially wary of allowing her access to the community due to her risk of absconding.

A support plan was formed with input from Helen, our clinical team and her wider support team.

CELEBRATING EACH STEP

Over time Helen’s independence grew significantly. From 1:1 supported leave for short periods in the local community, Helen progressed to unsupported daily leave and using public transport independently – a huge achievement.

Helen engaged with Occupational Therapy and would frequently join group activities, such as playing pool and snooker (winning the female pool tournament), art groups, baking groups and she would volunteer to help with breakfast club. She completed Health and Safety training, increased her cooking skills and is now able to budget her money, and manage her medication independently.

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“Thank you for all your hard work & keeping Helen safe & happy.” - Helen’s Mum

LOOKING AHEAD

Helen is such a big part of Montgomery House with her passion for creating her own artwork, music, dancing and spending time with her family and her son.

There has been ups and downs along the way, but the team at Montgomery are inspired by Helen’s progress and will continue to support her to increased independence whilst living in her own flat.

In the future, Helen is aiming to complete a money budgeting course, gain more control over her finances and restart her voluntary work with Bury Hospice.

When she is ready the team will reduce supported hours until she is able to confidently live independently, but we are always here if she needs us.

Please note names have been changed to protect confidentiality.



Living in her own flat & taking steps to greater independence with money management training



Now enjoys social interactions & visits her friends & team members at Montgomery



Aiming for future possible employment following volunteering at Bury Hospice



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For more information regarding our referral process or to discuss life at Montgomery House

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