



MAX

MARY SEACOLE HOUSE



Max is a 39-year-old man with a diagnosis of paranoid schizophrenia who moved to Northern Healthcare's Mary Seacole House on 12 December 2023, following a period of rehabilitation in hospital. For Max, the move represented an important step forward, leaving hospital behind and beginning to rebuild his independence in a supported living environment.

When Max first arrived, his mental health fluctuated and he experienced understandable anxiety around the transition. At the same time, he felt positive about moving on from hospital and starting the next stage of his recovery. From the outset, staff focused on understanding Max's routine and preferences, recognising that consistency was key to helping him feel settled. Simple but meaningful adjustments were made, such as supporting medication at preferred times and prompting personal hygiene in the evenings rather than during the day.

Max engaged well with staff from the beginning, and a strong, trusting relationship quickly developed. Rather than requiring intensive interventions, Max benefited most from steady encouragement, mentoring and positive reinforcement. Staff supported him to stay focused, maintain a positive outlook, and build confidence in his own abilities.

Max's Goals

- To live independently in his new placement with minimal or no staff support.
- To manage his medication independently and consistently.
- To maintain and build on his daily living skills.
- To stay mentally well by keeping a positive routine and engaging with support.

When I first met him, he was quite low in confidence. Now he comes to me with a huge smile, telling me about his achievements. I couldn't be happier for him.

Staff member

A key aim of Max's support plan was to reduce reliance on staff and increase independence with everyday living skills. Over time, Max has made clear progress in this area. He now independently cleans his flat on a weekly basis, manages his laundry without support, and maintains a consistent routine. These may seem like small steps, but for Max they represent meaningful achievements and a growing sense of control over his daily life.

Medication support has been carefully tailored to Max's needs. Due to the importance of maintaining consistency and minimising risk, staff occasionally adapted their approach to ensure Max remained well and supported. This person-centred practice proved effective and has since informed wider service approaches for others.

Throughout his time at Mary Seacole House, Max has worked closely with the staff team, alongside external professionals, including his social worker and the Community Mental Health Team. Max describes feeling happier and more settled since moving in. He enjoys staying active by going to the gym and swimming, as well as shopping, listening to music, and spending time with friends and family. These activities support his well-being, motivation and sense of normality.

Looking ahead, Max has now been accepted for a more independent placement and is due to move before the new year. This next step will see him living independently, with staff on site if needed, including managing his medication on his own. It marks a significant milestone in his recovery journey and reflects the progress he has made.

For more information regarding our referral process or to discuss life at Mary Seacole House:

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