



- To understand and manage his medication appropriately.
- To complete his daily living tasks with minimal staff involvement.
- To continue accessing the community independently.
- To maintain his mental health by recognising triggers and seeking support.

“ I like living at Grainger, it's comfortable and the people are nice. I love the people who work here. I never thought I would do washing, but now I do. ”

**Richard**

Together with staff, Richard created a personalised weekly planner that broke daily living tasks into manageable steps. This approach helped him slowly rebuild confidence and independence. Support was also put in place to help Richard recognise when he was experiencing distress and to develop coping strategies. Staff worked alongside him to identify triggers, talk through his thoughts, and introduce practical techniques that he could rely on when feeling overwhelmed.

Accessing the community was another key focus. Richard initially went out with staff support, gradually becoming familiar with local shops and routines. Over time, this consistent encouragement helped him gain the confidence to go out independently, which was a major milestone in his journey.

Since moving to Grainger House, Richard has made steady and meaningful progress. He now manages his laundry independently, understands food safety, follows his routines with minimal prompting, and confidently approaches staff when he needs support. Situations that once caused distress are no longer triggers, and Richard feels more settled and secure in his environment. His confidence has grown, and he engages positively with staff and visiting professionals. Richard enjoys listening to music, watching Disney films, visiting CD and charity shops, and collecting Disney figurines; these interests provide comfort, enjoyment, and a sense of normality in his daily life.

Looking ahead, Richard would like to continue living in supported accommodation while maintaining his independence. His goal is to remain mentally stable, active in the community, and confident in managing his daily life with minimal support.

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



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