

STEVEN.

ADAMSON HOUSE

“I no longer spend time in my room which is a big thing for me as I used to isolate myself. I love all staff and feel supported.”

IN THE EARLY DAYS

Steven is 41 years old and moved into Adamson House in October 2023, following a referral from Arden Ward Stepping Hill Hospital.

Steven has a diagnosis of Paranoid Schizophrenia and found the transition to a supported living setting difficult at first. He was very reserved and spent a lot of time in solitude. He struggled with money management and encountered challenges with Activities of Daily Living (ADLs). At the time he was living with intense paranoia, particularly concerning interactions with staff and fellow residents, impeding his transition to supported living from hospital.

The team identified collaborative goals with Steven based on what is important to him:

- ✓ Transition to Adamson House
- ✓ Increase socialisation and build trusting relationships

- ✓ Build confidence to access the community
- ✓ Improve skills and overcome challenges by engaging in therapeutic activities
- ✓ Medication management
- ✓ Drug and alcohol relapse prevention

CELEBRATING EACH STEP

At first, the team took small steps with Steven, starting his transition to the service with day visits to help build trusting relationships with staff and other residents. When Steven joined Adamson House the team encouraged him to leave his room and interact with staff. Slowly he started to come into the communal areas for short periods at first, but eventually Steven began to engage in communal activities such as food groups and movie nights.

When Steven arrived his reluctance to access the community meant he relied heavily on take-aways for the majority of his meals.

The team encouraged Steven to participate in daily shops with support and eventually Steven started seeking staff for community support. He now goes to the shops independently and plans and budgets for his meals.

Steven has also built friendships with other residents and is now a valued friend to many. He has encouraged other residents to come into communal spaces and even plans days out with them independently. Steven demonstrates empathy and compassion towards other residents. If he notices that a resident is upset or in a low mood he will engage with them, asking if they are ok and if he can do anything to help. This has helped him build meaningful relationships with residents and staff. One of our Adamson House residents comments on their friendship: "Since Steven has arrived at Adamson House, I feel like I have a trusting friend, he has encouraged me to come out of my room more and I now don't feel down or depressed. We go into the community together and plan days out and I couldn't imagine Adamson House without him. He is lovely and a great person to be around."

LOOKING TOWARDS THE FUTURE

"I feel like I can socialise with people now and I'm not as paranoid as I was.

I feel supported by staff, I can now go into town but still struggle at times.

I would like to conquer my fear of public transport and would like to overcome this in the next few months with staff support.

I would like to eventually get my own place again in Partington and visit my friends at Adamson House.

I would like to get back to full-time employment. I was a roofer for 20 years, but my illness took over - my goal is to work away from home again." **STEVEN**

"I wanted to let you know how pleased his father and myself are with Steven's progress at Adamson House. He is the most settled he has been in a very long time. I had my doubts about Steven living outside of Stockport, but I am happy to say I was wrong. We would like to thank all the staff who do such an amazing job at Adamson House." **STEVEN'S MUM**



**Northern
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For more information regarding our referral process or to discuss life at Adamson House

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