



THEO.

GRAINGER HOUSE

“It gives me and others a safe place, it has become my home.”

IN THE EARLY DAYS

Theo is 51 years old and came to Grainger House in January 2021 following a referral from Dudley Council Mental Health Community Recovery Services. Theo has paranoid schizophrenia, autistic traits and learning disabilities.

Before Theo came to Grainger House, he felt ‘lost’, he experienced confusion surrounding his mental health and his behaviour was affecting his home life.

The team identified goals with Theo including:

- ✓ Attending to personal care and nutrition
- ✓ Budget management
- ✓ Accessing the community
- ✓ Exploring volunteering roles
- ✓ Gaining greater independence
- ✓ To become less dependent on PRN medication

CELEBRATING EACH STEP

Theo is supported by Northern Healthcare’s multi-disciplinary team, which includes Occupational Therapists and external care professionals such as a Community Psychiatric Nurse and Consultant.

At first, Theo was reluctant to change; moving to Grainger House and developing a routine was a huge achievement.

Theo utilises his positive behavioural support plan and talks to the team more to reduce his need for medication and as a result, there has been a significant decrease in challenging behaviours. The team have supported him to attend appointments and gain a greater understanding of his physical and mental health. Theo now uses coping strategies such as breathing exercises, therapeutic cooking sessions and walking activities to help him reflect on interactions and choices to enable him to act more positively in the future.

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“Being here takes off the pressure of everyday life because **YOU** have that support to fall back on.”

Theo has improved money management by prioritising and budgeting. He has established a routine with regular access to therapeutic activities, such as attending a local worship group at The Community Link centre. He also attends to personal care and has found a new passion for cooking nutritious meals!

Theo has grown in confidence and improved his communication skills allowing him to build and maintain relationships with friends, peers and family members.

“To see Theo overcome bad days more independently is such a huge milestone. Theo’s confidence, determination and understanding of his mental health have improved. Theo has expressed that, ‘Grainger House are my second family’, as a Service Manager I am incredibly proud of how far Theo has come and how our team have supported him to greater independence and quality of life.” **GRAINGER**

HOUSE SERVICE MANAGER

Names are changed to protect confidentiality.



Utilises his positive behavioural support plan to reduce his need for medication resulting in a significant decrease in challenging behaviours



Improved communication skills to build and maintain relationships



Theo’s confidence, determination and understanding of his mental health have all greatly improved



**Northern
Healthcare**

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

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