



KAT.

RADCLIFFE HOUSE

“I know I do not want to go back to my own flat, I would like to stay here.”

IN THE EARLY DAYS

Kat lived in her own flat in Yeadon for 18 years. Kat is 66 years old, she lives with schizoaffective disorder and bipolar disorder and joined Radcliffe House on a 4 week trial in June 2021.

Kat was very positive, and wanted to see if supported living was the right next step.

CELEBRATING EACH STEP

Transitioning to supported living was a huge step for Kat, recognising that she would benefit from the support provided she moved permanently to an ensuite room within the service following her transition.

Kat's support package has been reduced from 8 hours a day to 4 hours a day reflecting her progress.

Kat has been supported with medication management and is now administering her own medication.

GETTING TO KNOW KAT

Kat works with our Occupational Therapist to improve her cooking skills.

Keeping active is important to Kat, she likes to go to the gym, go swimming and she participates in yoga classes. Kat also likes meditation and mindfulness sessions and attends these with support staff.

Kat enjoys going on trips both locally and further afield. She also loves music and likes to get involved in karaoke at the service.

LOOKING AHEAD

Kat is happy and settled at Radcliffe House and at present she has expressed that she would like to stay long-term.

In the future Kat would like to participate in volunteering opportunities at the local charity shop.



**Northern
Healthcare**

Putting people first.

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

t: 0161 974 7210

e: contact@northernhealthcare.org.uk

www.northernhealthcare.org.uk