



Case Study – ABI Mental Health

Service User: Miss L

Age: 33

Diagnosis: Miss L reached normal milestones until the age of 6 years old when she was thrown in the air by a boy on a bicycle, she hit her head on a wall and on the ground. She was unconscious for some time and was admitted to hospital. As a result of this accident Miss L developed learning difficulties and her behavior deteriorated.

At the age of 26 years old Miss L was admitted to a psychiatric hospital on an informal basis. This was due to several months of depressed mood, weight loss, low self esteem and feelings of guilt. Miss L developed an eating disorder. Three weeks later she was knocked down by a heavy goods vehicle on a busy road. A scan showed that she had suffered multiple bleeds to the left frontal lobe and cerebral hemisphere.

Plan:

As an inpatient in hospital Miss L and her mother were told that she would require regular support and specialist care for when Miss L returned to her own home. Miss L's mother lived 40 miles away and was unable to make the regular trips in order for Miss L to remain at home. Due to Miss L's accident she received support and help from a local solicitor who put her in touch with a Case Management company. The Case Management Company sourced Allied Healthcare in order to provide the support and care that Miss L required. Allied Healthcare was introduced to Miss L whilst she was still in a rehabilitation centre. Allied Healthcare staff worked alongside the rehabilitation staff to receive client specific training relevant to her rehabilitation and support.

After an amazing recovery, seven months after the accident and supported rehabilitation it was decided that Miss L's condition was stable enough to return to the community although she would require support during the day and evenings to continue her rehabilitation. A support package was established with the Case Management Company to provide the support during the day and evenings.

Outcomes:

1. Physical – Miss L returned and remained in her own home – this dramatically reduced the risks if Miss L had been left on her own as Allied Healthcare would be present to provide the relevant support and help Miss L needed. Miss L's package increased over time and she started to attend a rehabilitation unit where she built up her vocational skills.

2. Emotional – Both Miss L and her mother were delighted that she could be in her own home with everything that was familiar to her. Miss L had developed routines and had become dogmatic and determined; she would become extremely upset if her routines were disrupted. Being at home alleviated these symptoms and reduced her anxiety significantly.

3. Service User Feedback – Miss L was very happy that she had a regular team of specialist acquired brain injury support workers who were competent to look after her needs and deal with her injury. She was particularly fond of her main support worker who assisted new staff into the package. Miss L's mother was very happy with the care and support that her daughter was receiving and the fact that her daughter was able to remain independent and in her own home. Support staff also assisted Miss L to make the journey to her mother's house. Both were happy with this arrangement.

4. Case Management Feedback – The Case Management Company are very pleased that Allied Healthcare have been able to offer effective support for Miss L at home. They are also very pleased that Allied Healthcare involve the Case Management Company in all communications and hold regular MDT meetings.

Gain:

Miss L was supported and cared for in her own home by a combination of Allied Healthcare's specialist Support Workers and Specialist Acquired Brain Injury Team. She was able to maintain her dignity, independence and be in control of her life and decision making for as long as possible. Miss L's mother was able to relax knowing that her daughter was well supported and looked after.