

The Old Rectory Brede case study

Lauren's* move to independence within her own flat

Lauren is autistic, has a learning disability and diabetes, and has had periods in her life where she has significantly self-harmed in a bid to release her anxiety and frustration.

Lauren has previously lived in supported living services and moved into the Old Rectory Brede in April 2021 after previous failed placements. She currently lives in a cottage adjacent to the main house with two other ladies.

When Lauren first moved in to the cottage at the Old Rectory, she was exhibiting behaviours that were a concern to the staff team, and prevented her from moving forward in all aspects of her life.

Our staff team, especially Lauren's keyworker, showed true commitment to Lauren and supported her to recognise her self-worth through ongoing reassurance. Lauren and the staff team were also supported by our specialist positive behaviour support (PBS) team, who specialise in helping people who may be experiencing behaviours that are of concern.

Through this consistent support, Lauren's self-harming incidents significantly reduced.

With the team's support, Lauren was able to continue with Hobbycraft even after moving away from her hometown. In addition, staff supported her to travel to work each week and to go see her favourite football teams, the Brighton football club's men's and ladies' teams, which she really enjoys.

Lauren was supported to regain her confidence and manage her anxieties; she now appears very happy and has built lasting relationships with the team.

Lauren has improved so greatly that she will soon be moving from residential care to her own flat, regaining her independence and having the confidence to move forward in her life to a more independent future.



Contact us today

If you would like to make a referral, call us on **0808 208 2147**.

If you have a specific enquiry for the site, call the local number on **01424 882600**.

Alternatively, send an email to **adultcare@priorygroup.com**

or visit our website at **www.priorygroup.com**

The Old Rectory Brede, Stubb Lane, Brede, TN31 6EH