



Connor's story

Priory Radstock case study

Connor is a young man with a diagnosis of autism and a mild learning disability. Before coming to Priory Radstock, His previous placement with another provider had ended abruptly, and his family were worried that this would happen again.



Connor's transition

When Connor first arrived at Priory Radstock, he displayed anxiety around unfamiliar people and settings. This would result in him becoming upset, and sometimes trying to run away from the situation. Connor was unable to participate in group activities due to the distress this would cause him. He often did not want to get involved in other activities offered as he associated some activities with his previous placement. He was also reluctant to try new foods, and preferred to opt for unhealthier choices and the same meals repeatedly.

The support staff at Priory Radstock worked closely with Priory's assessment and transitions director for complex autism, as well as the dedicated multidisciplinary team, to put in place a personalised support plan to help Connor settle in and receive support tailored to his interests and aspirations. He immediately received one-to-one support from a dedicated keyworker, and was assigned a core staff team, who implemented a Spectrum Star to plan and monitor his care, providing clear goals and identify areas for development. With the right techniques and support in place, staff began to see a lot of progress, as Connor began to settle in at his new home.

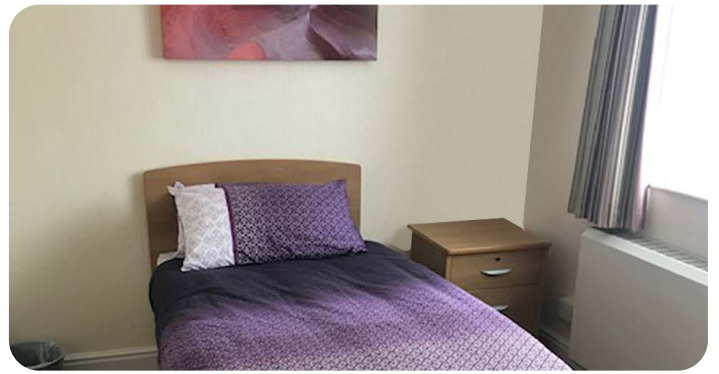
Connor is also supported by the positive behaviour support (PBS) team at Priory, who have created a bespoke PBS plan with him. The PBS Practitioner has introduced mechanisms such as an escape card, which means he can choose to exit situations which are causing him distress. For example, he is supported to go on a walk when he is showing signs of anxiety. The behavioural support that Connor has received has enabled him to participate in group trips and communal activities for the first time, which he previously was unable to do.

Working towards independence

The staff team have developed a strong, trusting working relationship with Connor, and are working together to aid his development of his daily living skills. Connor now cleans his flat independently, and receives support from staff weekly to do his laundry and other cleaning tasks. Staff say that he shows pride in his environment, and his ability to look after it independently has vastly improved. Recently, Connor managed to wash up his dishes without any prompts, showing clear progress with his independence.

Staff have implemented a clear process around Connor's food shopping and meal planning, supporting his right to make choices about his meals, whilst ensuring he is receiving adequate nutrition. Now, a few months into his placement, His diet has greatly improved, and he is choosing more healthy options for his meals. His family have noted that he looks healthier and is losing weight at a healthy pace. He is now able to cook with staff support, and is even preparing his own breakfasts and lunches.

A picture communication board is used with Connor weekly to plan his activities and meals for the week. This enables him to make choices about the activities he participates in, supporting him to access activities tailored to his own interests and wishes. In the early weeks of Connor's placement with us, the staff team noted he wasn't enjoying visiting the local learning disability centre, so they began to work with him to identify alternatives so he can choose activities he prefers. When planning activities, he is also shown photographs of two members of staff, so he can choose which staff member he wishes to complete the activity with.



Achieving positive outcomes

Now, Connor can write some of the activities on his own board, and staff always ensure that there is a contingency plan in the event that he changes his mind about wanting to do an activity. He has recently been supported to take up new hobbies and engage in activities he has never done before, such as swimming. The manager at Priory Radstock says Connor displays a love of being active, with some of his favourite activities being going on bicycle rides and walks, going on the trampoline and going to the gym.

Staff at the home have supported Connor's family by maintaining good contact, holding weekly calls to keep Connor's mother informed about his progress and what is happening at Priory Radstock. The team have also installed internet at the home, so Connor can video call with his family. Connor's mother told Priory's assessment and transitions director that she felt the placement is going amazingly, and that Connor is settling in well, thanks to the hard work of the staff team. She noted that he is a lot calmer, and his hands are no longer shaking.

Connor, with the support from the staff, expressed that he is happy here and he likes the team who support him. With his care plan in place, and his daily living skills developing rapidly, the staff team are now looking into potential volunteering opportunities with Connor, which will certainly be another fantastic milestone in his journey.



Contact us

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 **01761 438 610**.

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

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

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