



Fiona's story

Apple Mews case study

Fiona*, who has a diagnosis of a learning disability, previously resided at her family home in a rural setting. She came to live at Apple Mews after her mother, who was her main carer, unfortunately suffered a stroke and could no longer provide care.



Supporting a successful transition

Previously, Fiona was known to exhibit behaviours of concern, which could include incidents of self-injury, and injury to others. In the period before Fiona came to Apple Mews, she spent most of her time in respite and day care services, where her behaviours were considered high-risk. This meant that she was kept away from her peers, and had minimal access to the community.

The management team at Apple Mews worked closely with the service's positive behaviour support (PBS) practitioner, to undertake a comprehensive assessment process. This enabled the team to develop a strong understanding of Fiona's needs, so they could ensure compatibility with other residents, and put interventions and adaptations in place to build the right environment. Given the complexity of Fiona's needs, and the fact that she had never lived in a communal environment before, it was decided that a structured transition period was in her best interests.

Priory developed a bespoke transition plan for Fiona, working collaboratively with Fiona's family, the staff teams at her day care and respite services, and a multidisciplinary team (MDT) to facilitate visits, build relationships, and co-produce holistic care plans for Fiona, during this process. Ahead of the move, it was arranged for Fiona to continue going to her day care service, to provide stability for her during this period of significant change.



Fiona's positive outcomes

Fiona successfully transitioned into Apple Mews, with a package of support that included one-to-one additional support, 18 hours per day, and with day care continuing on weekdays. Initially, Fiona found the change to a new environment difficult to cope with, and this would lead to incidents. However, within a matter of time, her care team were able to build up trust, and support her to integrate into her new home.

Now, Fiona is much more settled, and no longer requires one-to-one support throughout the night. In addition, she engages really positively with her core staff team, and attends all of the planned activities and entertainment on-site. Fiona even enjoys communal living and the staff attention, as well as going out for walks and being in the garden. She also likes visiting the other bungalows, interacting with her peers, and using the site's sensory room.

With regular PBS input, and a staff team who are highly attuned to her needs, incidents are now much less frequent. She is slowly building up her tolerance to noisy and busy environments, which would have previously been a trigger for her, and this means she is able to go into the community regularly, without this causing distress.

Her family are also really happy with the placement at Apple Mews, and the progress Fiona has made in such a short period of time. Fiona's successful transition was made possible through collaborative working, and has resulted in a vast improvement in her quality of life. The team at Apple Mews look forward to seeing what she will achieve next.



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 **02837 517840**.

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

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

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