

# Anthony's step-down story

## Riverbank case study

Anthony came to Priory as a resident at Riverbank, one of Priory's residential services in Hull. He has since progressed in his pathway and is now a tenant at Sutton House, a Priory Supported Living Hull & East Riding service.

### Anthony's journey - in his own words

"Before living at Riverbank, I lived in a hostel and did not get much support. I struggled with my independence skills and mental health. Now these have improved a lot; I am living in my own flat, still with Priory, but this is supported living and my own flat."



“”

Riverbank helped me;  
I don't think I would be  
living in my own flat now  
if I did not move through  
Riverbank and work  
with staff.

Anthony

## Support at Riverbank

“At the beginning I struggled with keeping my bedroom clean, cooking for myself, managing money and having safe relationships with other people. I also used to get stressed out a lot and damage property; at times, I was contacted by the police because of this.

I worked with the staff a lot at Riverbank. We discussed my aims and goals and they would make care plans with me. I got to choose how staff would work with me, to help me become independent. I have always wanted my own place, so plans were set out to help me with that.

We completed a weekly planner together, which helped me understand what tasks to do and how this would help me. I still continue this daily routine now, and I am more confident carrying out tasks such as changing my bed, cleaning my clothes, and wiping surfaces. I also cooked with the staff; we cooked meals in my bedroom as I had a kitchenette. I also enjoyed going in Riverbank's main kitchen, as I could spend time helping the chef prepare meals.

Whenever I got upset, staff spent a lot of time with me to work on how I can seek support and have therapeutic time to discuss things that worry me, rather than becoming frustrated or damaging things. We put a plan in place to help me with this, and we also agreed that staff could speak with me if they felt I was becoming agitated. This worked really well and I haven't damaged property in a long time.

## Transition to Sutton House

“We agreed that it was time for me to move to further independence and gain my own flat. I still require support and work with the staff here in supported living. When I got nervous about moving, the staff reassured me and supported me with each step. We did a plan and worked with my social worker. I enjoyed creating a list with the staff and treating myself to items I would need. I created a big list with staff to choose everything I wanted to furnish my new flat. We picked a nice sofa, new bed, cutlery, a nice TV, along with more stuff, to make sure I had everything I needed.

I visited Sutton House a few times before I moved, to meet the staff and spend time there. I also picked my flat, where I am now living. I am happy and carry out activities here, along with my daily living skills. I have been visiting the music nights in town and I do a weekly shop with the staff to fill my fridge and also continue with my daily routine. I feel at home and I am looking forward to the future.”



## Contact us today

To make a referral, call **0808 208 2147**

For any further enquiries, call the site on  
**01482 223 406**

Email us at **adultcare@priorygroup.com**

Visit our website at **www.priorygroup.com**

Riverbank, 2a Park Road, Hull, HU3 1TH