



# Steven's story

## Mount View House case study

**Steven\* is a 30 year old man who is autistic, has a learning disability, and attention deficit hyperactivity disorder (ADHD). He came to Mount View House following a stay in hospital.**



### Steven's background

When Steven arrived at Mount View House, he had a small transitions team who were originally due to be with us for up to 12 weeks. Steven had a chequered history of aggression towards other residents and staff, including significant bite injuries. This led to Steven being previously placed in a self-contained area of the hospital due to the level of challenge, aggression and property damage.

Steven required 2:1 staffing ratio at all times and would rarely engage with staff members. He was withdrawn and viewed as almost too complex to support in a positive and effective way. This was quite evident by the attitude of the transitions team and their sharing of experiences.

At Mount View House, Steven is surrounded by a supportive staff team and environment. He is utilising a communication aid and is able to make his needs known, with dramatically reduced instances of behaviours that challenge. Steven's staff team of key individuals are now able to spend prolonged periods of time with him within his living environment, and build up strong relationships based on trust and understanding.

Month-on-month there is small victories with skills and tolerances around routine and key aspects of self-care. In most recent months, Steven has gone for walks in controlled environments, which had previously been thought of as impossible.

With a long-term goal set for Steven to create a fully-rounded communication profile, with support from both speech and language therapy (SaLT) and positive behaviour support (PBS), this will enable Steven to further enhance his skills and hopefully create a positive series of meaningful activities.

## Support at Mount View House

At Mount View House, Steven receives person-centred support, including input from the service's positive behaviour support (PBS) practitioner. The PBS specialist works with him to develop and implement bespoke strategies, which enable him to meet his needs without relying on behaviours of concern. Over time, he has warmed to his core staff team and began to feel safe and happy in his new home.

The rural environment of the service enables Steven to enjoy a peaceful life with minimal disturbances. He has his own flat, which has plenty of space to relax and engage in activities he likes. His environment has a robust, low arousal design, with bespoke furniture and fittings that meet his needs.

Recently, the apartment underwent a full renovation, as it had sustained some wear and tear. To facilitate this, Steven's support team accompanied him on a transition to a temporary home. He demonstrated remarkable resilience and trust in his staff team throughout this process. Now, he is back to living happily in his newly renovated space.



## Achieving positive outcomes

Steven has made significant and consistent progress during his time at Mount View House. He utilises a communication aid, and is now able to make his needs known. This has led to a dramatic reduction in incidents of behaviours of concern.

Previously, Steven found it difficult to spend time out in the community. Now, he regularly enjoys trips out with his team and fellow residents. In recent months, he has successfully visited supermarkets, enjoyed walks on the beach, and eaten out in local eateries.

Every month, Steven expands his skills and his tolerance to changes in his routine and environment. He can now spend longer periods of time with others, including his team and peers, without this causing distress. He recently celebrated his 30th birthday with a large garden party, something which he would have struggled with previously.

The team at Mount View House are so pleased that Steven is living an active and fulfilled life. They are proud of his achievements, and are looking forward to seeing him continue to thrive.

## 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 **01706 350916**.

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

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

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