



Priory Elm Park

Michael's rehabilitation journey

Michael* was only 18 when he sustained a brain injury after falling from a roof. He was unable to walk or talk, he was disorientated to place and time, and unable to recognise his family.

After a period of time in rehabilitation, Michael went home but was disillusioned and lacked motivation to improve. He misused drugs and alcohol, and began experiencing problems with anger and aggression towards his family.

Michael was admitted to Priory Elm Park for neurobehavioural rehabilitation to address his anger issues and learn skills to help him to live independently. Michael engaged well in his treatment programme, which included cognitive behavioural therapy (CBT) for impulse control and anger issues, and occupational therapy to re-learn independent living skills such as shopping, budget management, cooking and laundry. He engaged in intensive physiotherapy and speech and language therapy to improve his mobility and speech. Michael progressed well and was able to step down to the Elm House community rehabilitation home, which is a step-down service from Elm Park. Michael continued to practise his new skills in independent living in a less restrictive environment, as well as engage in extensive socialising in the local community. He participated in voluntary work experience and enjoyed a holiday with staff.

Michael was discharged to an independent living service and said of his time at Elm Park and Elm House: "It's been a good experience; it's helped me a lot, especially with my anger. The team taught me that there is no such word as 'can't'. They say: "we will show you and then you can"."

Michael's case manager said: "Michael has really benefited from the step-down service...the team have done a fantastic job with him and should be very proud of the marked improvement in such a young man. He has got his life back and is on his next step towards independence. Definitely a job well done by all."

Contact us

To contact Priory's central team, please call **0800 090 1356** or to speak to someone at the hospital directly, please call **01206 231055**.

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