

A Case Study

My name is Jeanette and this is my story so far.

I live in a two bedroom flat in Nuneaton and am supported 24 hours a day by my care staff who are mainly female.

I like shopping, sitting out in front of my flat in the sun with my paddling pool and broly, arts and crafts, Netflix, Billy Elliott, soaps, my fish, seeing my son, sister, mum and grandchildren, attending the disco with friends from SENAD Community, having a pint of lager at the pub and fish and chips. I have been to the zoo and to beauty parlours with my staff and I have lots of plans for my future. I sometimes dye my hair red, I laugh with my staff that I am a mermaid.



When you read the above you will think that these are normal happy things that everyone has the chance to do in their lives, for me I needed some help.

My journey out of hospital began in January 2018. By this time I had been in hospital for 13 years and my weight and behaviours meant I was very restricted, my mobility was so poor I couldn't get out of my own bed and I needed a specialist hospital bed. I could hardly walk the few steps to transfer from one room to another, I needed a blow-up hoist to get up if I fell to the floor, I was on a high dose of antipsychotic medication and I had no real aims or goals. I was not seeing my family on a regular basis due to being so far away.

Amy and Michelle from SENAD Community drove down to the hospital to see me and told me about their company and what they could do to help me live in the community with my own flat, and with staff that would support me.

I went to visit my flat and SENAD Community helped me change the bathroom to suit my needs, I love having a shower in that bathroom.

My first visit I was scared and anxious but ready to take on the challenge. I was worried about accessing the community due to my mobility difficulties, and my medication made me feel I just couldn't manage it. I would stay in my bed sometimes for days not even attending to my personal care.

I had a few hiccups along the way where I felt scared and wanted to go back to hospital, on some occasions this did happen but my staff were always there to bring me back and carry on supporting me and slowly my confidence increased and I felt more at home, both in my flat and when I went out.

In 2019 my Community Treatment Order (CTO) was lifted and I had less input from my SENAD Community care team, but I was still doing well. My self-harming had reduced and I could now speak easily to my staff when I needed help.

In 2020 my doctor decided to take me off my clozapine medication and see how I got on. Since then I have gone from strength to strength including losing over 6 stone! My photo is below I don't really have any before photos as back then the thought of having my photo taken would have been awful, but not anymore, look at my new found confidence and smile.



I have now chosen my own bed that is not a hospital bed and also cook my dinners with staff.

I had input from health regarding my diet but due to COVID this stopped but I carried on with my team trying to eat healthily pushing myself to get up even when I was scared or feeling low.

I can now walk round a shop, I can now do a lot of my personal care independently, I Hoover my flat, I have goals to go swimming, I have a long term goal to go to the theatre and see Billy Elliott. I see my family and I go to the pub. I feel I am ready to meet even more new people and make friends.

Life is good!

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