



Supporting Alexandra's Relationships

Alexandra is an 18-year-old young woman who used to live at home with her family. She is non-verbal and would often become distressed at home, resulting in behaviour that was difficult for her family to manage. She found personal care and washing distressing which impacted on her health and wellbeing.

Alexandra's challenging outbursts were affecting her mother's mental health and her relationship with her family, as well as impacting on Alexandra's relationships with staff at school.

How we supported Alexandra

Our team supported Alexandra to move to a small residential home. They worked closely with her, her family and her school to make sure the transition was as smooth as possible.

Our staff observed Alexandra closely to find out what made her anxious and distressed, and to establish her likes and dislikes. They have supported her to get involved in activities around her home, such as food preparation, and they have encouraged her not to fear personal care by introducing water play as a fun activity.

What difference has this made?

Alexandra has started to use words to communicate and shows her happiness and

NB - Name changed for confidentiality purposes

Enabling people to achieve their potential



sense of humour by laughing and initiating games with our staff. The concerning behaviours she was displaying are now very minimal and she loves bubble baths.

As a result of our support, Alexandra's mother is engaging with her daughter and our team again. She is gradually re-building her relationship with Alexandra. Alexandra has been supported to re-establish a relationship with her father's side of the family. She enjoys arts and crafts and sends some of her artwork to her father.

Alexandra is attending school every day and is engaging with, and enjoying, her lessons. Her school have told us she is a completely different girl since we have started supporting her.

