



Supporting Christine's Health and Wellbeing

In recent years, Christine's physical health and mobility has declined. She can no longer bear weight and uses a wheelchair which affected her quality of life. Christine became withdrawn, increasingly intolerant of others and would often go into crisis with heightened episodes, resulting in epileptic seizures which required the use of rescue medication.

How we supported Christine

The **Person Centred Support and Enablement (PCSE)** team worked with Christine and her circle of support to establish goals that would enrich Christine's life and provide her with greater control. Two key areas that were of importance to Christine were having more say in the planning and preparation of her meals and maintaining regular contact with her sister who lives hundreds of miles away.

Opportunity Plans were developed and within weeks, Christine learnt, with support from her staff team, how to be actively involved in creating menus, shop for provisions and food preparation.

Excited by her progress and keen to share the news, Christine was upset when the pandemic interrupted visits from her sister. Christine was supported to use FaceTime video technology. Using opportunity and participation techniques, Christine learnt how to make calls and activate FaceTime so that she can have privacy if she wants, to talk with her sister.

NB - Name changed for confidentiality purposes

Enabling people to achieve their potential



What difference has this made?

Christine now uses the Hoover, bakes cakes and makes her own coffee using her own barista machine. Because she is involved in meal planning and creation, she has a better understanding of portion control and healthy foods. Christine is extremely proud of her achievements. Her weight has reduced and her physical and mental health and wellbeing has greatly improved with very few incidents of crisis.

Christine's sister is amazed by the transformation and says, **"Christine is learning new skills, growing in confidence and developing her own personality. It is important to us that she is able to live as normal a life as possible and to fulfil her own potential."**

