

**\*BEV**

### Look How I have Grown

Since admission in December 2016 Bev has made a great deal of positive achievements which are regularly recognised and praised by staff. The **Assistant Psychologist** and Bev met to discuss her views of what she has achieved since living at Connington House and what she was happy with. Bev did this by making a flower called 'Look how I have grown' and said the following achievements were important to her:



#### **Bus:**

Bev recognised that getting the bus has been a very big achievement for her. When Bev first moved in she stated she could not get the bus because of her 'Autism' - this triggered a high amount of incidents and limited Bev from accessing varied and meaningful activities. Through 1:1 emotional support sessions with the **Assistant Psychologist**, following the Positive Behavioural Support plan and structured routine and boundaries enforced by the **support staff** team Bev began to get the bus daily and by her own personal choice.

#### **Swimming, Shopping and the Seaside:**

Bev is very proud that she has begun to go swimming. **The Occupational Therapy team** carried out work around varied activities and motivation with Bev to build a person centred activity timetable. This was to support Bev to engage in activities beyond shopping as when Bev first moved in this was her chosen activity each day. This was heavily influenced by past experiences in childhood of impulse shopping and spending hundreds of pounds per day. This meant Bev had no knowledge of budgeting therefore when she ran out of money and could no longer sustain shopping 7 days per week it would lead to incidents. **Occupational Therapy** began budgeting sessions with Bev; teaching her how to manage her money to last for a full week and staff encouraged alternative activities such as trampolining, activity classes, going to the seaside etc. reducing the frequency of her shopping. This has reduced incidents and empowered Bev.

#### **Angry:**

Bev stated that she is less angry. Through 1:1 emotional support sessions with the **Assistant Psychologist**, completing hassle logs to debrief after incidents/consider alternative coping strategies and sessions learning Progressive Muscle Relaxation techniques Bev has learnt skills to manage her anger and to communicate with staff when she is upset. Bev and the **Assistant Psychologist** also engaged in '3 good things that happened this week' strategies to support Bev to have a more positive outlook on her life. Since learning to manage and respond to her anger Bev has had a significant decrease in incidents.

### **Cooking:**

Due to events in her childhood, Bev was reluctant to learn independence skills such as cooking and cleaning. Since developing a Positive Behaviour reward chart with the **Assistant Psychologist** Bev has begun cooking at least one meal per day and doing her room management daily - this is contributing to Bev learning daily living skills that will support her to eventually live with less required staff support . Bev also enjoys cooking/baking with the **Occupational Therapy** team to reinforce these skills.

### **Time:**

Bev claimed that she is 'getting better' at being on time for activities.

Bev has many ritualistic and repetitive behaviours that can often make getting ready in the morning a long and difficult task. The **Speech & Language Therapy** team supported Bev to manage her time better by implementing a countdown clock that would be set for each individual activity and would buzz when that task was over e.g. 10 minutes for brushing her hair. Alongside this Bev also has a daily visual timetable in which she can stick Velcro pictures for each time and a clock of the time it will begin. These interventions were supported by night staff working consistently to encourage Bev to get up early to begin this activity.

Overall these achievements have contributed to Bev gaining greater independence skills - some of which are personal milestones, greater social and emotional wellbeing and feeling happy within herself and her environment.

\* Not actual name