

CB case study

CB was the first person to move in to Connington in 2019, after the home had been closed for a year. CB was an emergency referral from hospital. She had been admitted to hospital following a fall that resulted in a fractured hip. An assessment took place and there wasn't a great deal of information about her, other than what the hospital could provide. We accepted her placement and supported her transition to Connington.



CB had to deal with a great deal of adjustment when moving to Connington after spending six weeks in hospital. For example, CB had been using a wheelchair whilst in hospital in order to facilitate her cigarette breaks. When she moved to Connington, CB was

supported and encouraged to walk to the smoking area in order to have her cigarettes accompanied by her support staff. With continued support CB has made a lot of improvements surrounding her cigarette breaks. She has developed more independence an example being that she now only needs one staff. In addition, CB previously had to have staff hold on to her walker for the duration of her cigarette break due to her fear of falling. This is no longer the case; CB is much more stable and confident now.

Another way in which CB gained more independence with her personal care. This is such an important area in terms of her dignity and privacy. When CB had first moved in, she relied upon staff in all areas. We gradually built-up trusting relationships with her and provided her with dignified support, always encouraging her to undertake tasks herself. Then CB gradually gained more confidence and independence and she now only needs a supportive person available if she should need them.



CB's confidence and independence has flourished in other areas too. She can now do many more things for herself, like making cups of tea, getting a few nibbles from her cupboard, rinsing her dishes after dinner, and managing her laundry.

CB has a colourful character and is a vocal individual who can express her needs and wants. However, she sometimes needs encouragement to do so. For example, staff will encourage her to be as involved as possible with her food shopping. She has gradually grown and developed this area where she now will assist in writing a shopping list identifying the things she wants and needs then taking the short bus ride to the supermarket, sometimes she will ask staff to walk back to Connington for a bit of fresh air instead of catching the bus. CB has been enjoying this and it has allowed her to be more involved plus it gives her time with her keyworker, with whom she shares many conversations.



CB has a diagnosis of Bi-Polar disorder and mild learning disability; she requires a great deal of medication. Despite this, CB will comply with them and take them at the right times. CB also takes a food supplement as she was under-weight and may sometimes not eat well. Due

to her bi-polar, CB can sometimes experience low moods, and at these times, CB may need to be prompted to eat. It should be noted however that CB has put on more weight and appears much more physically healthier. This is believed to be a positive reflection about how she feels regarding her home and her life.

CB does not have any living relative and only has one friend external to Connington. We have tried to make up for this at Connington as much as possible by making sure CB does not feel alone and neglected. For her first Christmas in Connington, CB was the only person living in the home, but staff made sure to make it special by decorating the home, supporting CB to dress new clothes to make her feel extra special and cooking lovely food. The same efforts were made for her birthday. This forthcoming Christmas, 2020, CB will have additional company as more people have moved in. In a way, the staff at Connington have become a second family to CB.

A year later since her arrival, CB have grown and flourished. CB has gained more independence and confidence. CB's physical health has improved and she has gained weight. Staff continue to encourage a healthy lifestyle and whilst respecting her choice, positively promote the health benefits to stop smoking.

CB is a wonderfully colourful person who with nurturing, caring support has made Connington her home.



Connington House