



Priory Hospital Solihull

Peter's story

Peter* came to Solihull, in Coventry, after nearly 2 decades at his previous placement. He had complex needs with multiple diagnoses, which meant he had previously required a prolonged stay in hospital.

Peter lacked social skills and an understanding of relationships, but had a desire to live a relatively 'normal life' within the community, outside of a hospital setting.

Peter previously had an eating disorder and found it difficult to manage his food intake, leading to significant issues with his weight.

Tailored programme

Our team set up a specially tailored assessment programme to identify Peter's abilities and the areas that needed further support.

Peter was assigned a multidisciplinary team to help support his needs, which included a psychiatrist, specialty doctor, psychology assistant, sports therapist, occupational therapist, nurses and healthcare assistants.

A flexible timetable was developed for Peter, allowing him to engage in an individualised programme of activities. Working with Peter, we created a list of interests and hobbies, and tailored his activity programme accordingly.

Given Peter's history with food, we worked with him over a period of time and helped him to identify 'good' and 'bad' food. We set up a red, amber and green system so he could categorise food according to its nutritional value. This allowed him to feel in control and develop healthier eating habits; he was able to identify how much food from each group he would purchase during his shopping trip. Peter was successfully able to move from buying enormous amounts of highly calorific food to just a limited amount in his shopping trips.

Additionally, this helped his presentation in the community as he had a focus for his trip to the shop. He was able to discuss what he was going to buy on the journey there and when he was planning to have his snacks on the return journey. These shopping trips also enabled Peter to experience public transport and travel beyond his immediate surroundings - something he had scarcely experienced prior to coming to Solihull.

To help him to improve his physical health, Peter worked with our on-site sports facilitator, who assessed him and then developed a tailored physical health programme centred on treadmill walking.

We were able to help Peter by organising a visit with one of his family members, who he previously had very limited contact with.

One of Peter's favourite pastimes was writing. He had missed out on most of his schooling years and was unable to read or write, yet he would spend hours scribbling and telling us about his writing. He was encouraged to continue this.

Independent living

After more than 2 decades in care, and almost a year and a half with us, Peter was discharged from Solihull into purpose-built accommodation within the local community. Our team worked with Peter's new team, inviting them to our site to spend time with him, shadow and engage in his choice of activities, and build rapport with him so that he could continue a seamless journey after leaving Solihull.

As Peter became familiar with his new team, he was supported to slowly transition to his new property through graded exposure to the new environment. Peter started to spend a full day there, followed by an overnight stay, which eventually led to several weeks of overnight stays.

Eventually, Peter had been at his new property long enough for all arrangements to be made for a permanent move.

Contact us

To contact Priory's central team, please call **0330 137 3910** or to speak to someone at the hospital directly, please call **01676 525 050**.

Email: info@priorygroup.com

Visit: www.priorygroup.com/nhs/locations/priory-hospital-solihull

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