Case Study

active care group

Rachael's* Story

After a fall it was discovered Rachael was diagnosed with a serious brain condition and moved to Loyd House.

Loyd House, Northampton
Neurological Rehabilitation Service

Rachael* was discovered at her home in a state of acute confusion and having recently experienced a fall. She was taken to Bedford Hospital with several health issues, including being underweight, having a sore on her left buttock, red skin on her back, high blood pressure, liver inflammation due to alcohol, and gallbladder inflammation. An MRI scan revealed brain changes consistent with Wernicke Encephalopathy, a serious brain condition caused by a lack of vitamin B1, and signs of Korsakoff's Syndrome, a chronic memory disorder.

Because it was not suitable for her to stay in a care home for the elderly, Rachael was moved to Loyd House for a 12-week specialised assessment program. Initially, Rachael was wary of participating in the therapy sessions and was distrustful of the staff and her surroundings. She believed she was being held captive and that her ex-husband was spying on her. Significant mental health issues led her to neglect her personal care and was secretly not taking her medication, which made her less cooperative with the treatment plan.

Despite these challenges, the staff and multidisciplinary team (MDT) persisted in their efforts to help Rachael. They worked on building her trust, particularly through sessions with a psychologist. Over time, Rachael started to engage more with the therapy, showing particular interest in cooking. She was able to plan, shop for, and cook complex meals with supervision, eventually leading to a weekly cooking session with a therapy technician.

The team developed a specialised communication approach to help reduce Rachael's repetitive and confusing speech patterns, which significantly eased her paranoia and anxiety. Seeing her progress, the team began to plan for her transition to a more independent living situation that still provided support. Our sister service in Northampton was chosen as the best support for Rachael, this was an ideal step where she could continue to work with the therapy team she knew well, aiming to further develop her independence.

Rachael's story highlights the tailored and person-centred approach taken to help Rachael overcome her initial barriers to engagement, improving her mental health and living skills towards achieving her goal of more independent living.

*Name has been changed to protect resident's identity

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To make a referral or for more information about Loyd House please call 01732 779353 or email referrals@activecaregroup.co.uk