

I Can!

...live at home, have quality of life and be a good mother too.

**A cardiac arrest resulting in a hypoxic brain injury changed her life and her family's forever.**

Mobility, vision, speech and swallowing were all affected yet she remains very determined.

We were asked to support a woman at home including enabling her two children to visit for more substantial periods of time. Together and with her mother we ensured her staff team had the right skills, values and personality to support her. Even today, if a vacancy arises, collectively we find the right match.

Throughout her transition from hospital back home, we worked with other professionals to ensure that she had the specialist care to be as independent as possible. We work hard to improve and maintain her communication skills, support her health and welfare including personal care needs, eating and drinking, physiotherapy and social appointments.

She can mouth "I love you" to her children, which they understand and respond to. She can also raise her arm enough so that they can snuggle in for a hug.

She's able to use an eye gaze board to talk to people. This is a series of letters in colour blocks that spell words. Our staff use hand signs to indicate yes and no and she blinks to confirm. It is very intensive for everyone but we believe it is imperative the client can express her needs, wishes and emotions personally.



She also uses the internet which gives her access to the outside world without relying on others. She has created a website and provides a forum for others with similar needs.

Our staff follow comprehensive guidelines for all areas of the client's life;

health and welfare - she has dyspraxia and sometimes has difficulty swallowing so SALT guidelines are in place and constant supervision is needed when eating, drinking and taking medication. Staff also help her experience and enjoy a wide variety of foods and textures.

self-esteem - it's important to her how she looks, her hair, make up, and clothes. We provide high levels of emotional support too lifting her mood on days when it can feel overwhelming. Our role is also to encourage her to access the community to continue to have outside interests and to expand her support network and social life.

She is able to maintain her skills, develop her relationships and continue to be a good mum - with our support.