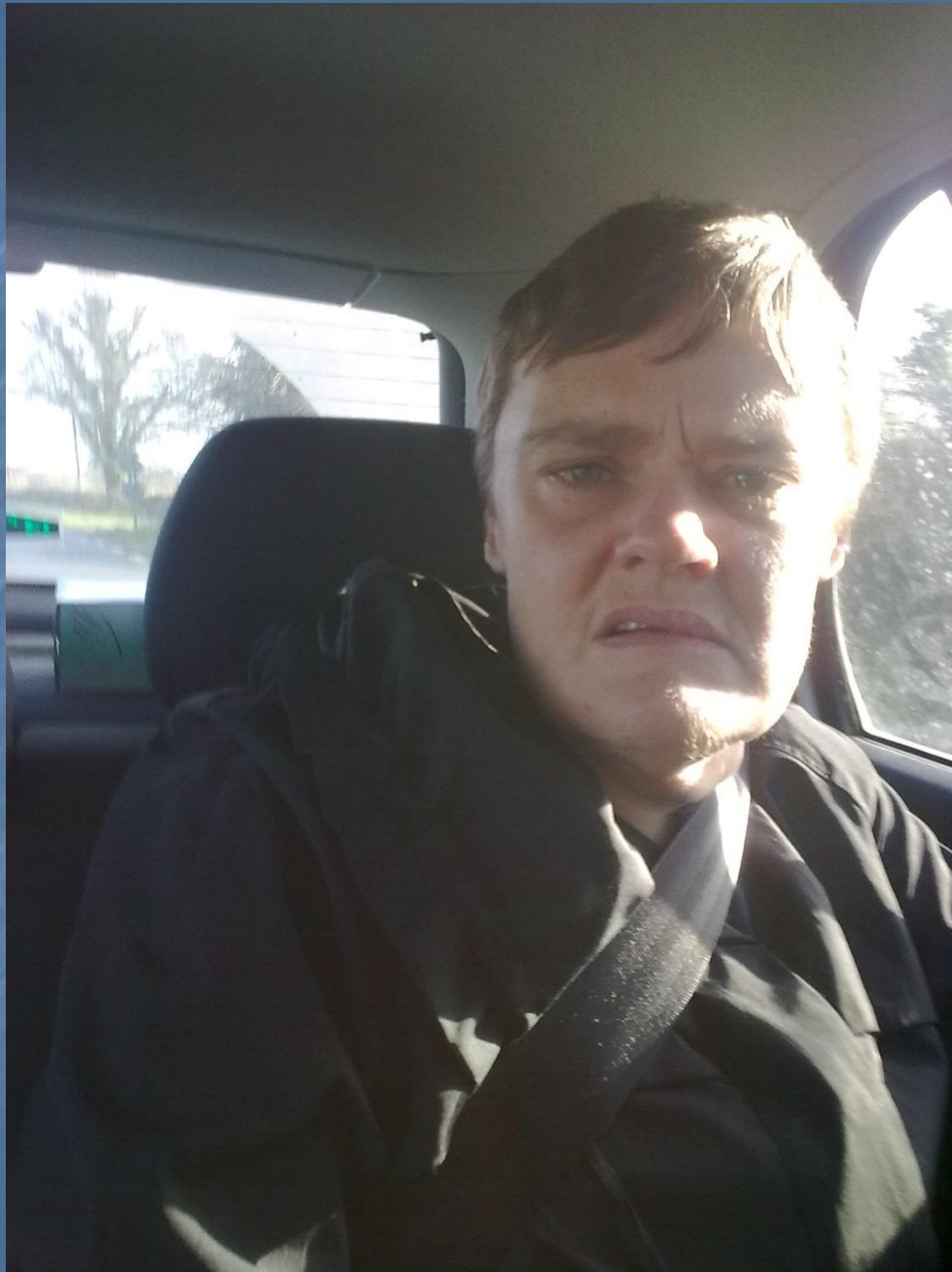


Catherine Carey

Monday 24th March 2014



The Power of Mind sets

- Not happy for a long time.
- People felt they had nothing new to offer.
- Very upset, difficult behaviour.
- Various supports from lots of different disciplines.

Self fulfilling prophecies

- Followed a day programme, with a behaviour support plan.
- Spending time with people whom she did not appear happy with.
- People felt you had to be firm with Catherine.
- Two staff on with Catherine most of the time.
- Waiting to get to the car.

Wounds for Catherine

- Leaving a loving home, age 12
- All doors were locked from morning till night.
- Segregation from society.
- A lot of time waiting and hiding trying to be invisible.



Reputation/getting to know

- Very poor reputation. Loud, aggressive, upset.
- Seen as difficult to manage.
- Relied on her weight blanket for comfort.
- People were afraid of Catherine .

High Expectations

- An optimism beyond her disability.
- A belief that she can have an ordinary life that is fulfilled by joy.
- Working with family in figuring it out.
- Getting the right support was a key element.

New support staff

- Interviewed with Noreen and Claire.
- What were we looking for “Not just nice”.
- 1 person would work with Catherine
- Support people who were willing to listen, question, and accept Catherine for who she is.



Coming home

- Family/staff support and commitment.
- Marion next door.
- Community in Clara very supportive.
- Bringing it all together

Life in Clara

- Catherine moved to Clara 10th April 2013.
- Lots of work went into her new home.
- We could not ignore her needs.
- Safety in her home.
- Freedom of her home.



The challenge

- Getting to know the real Catherine.
- We knew she loved driving in the car.
- Understanding her Autism.
- What it offered us in supporting Catherine.
- Intensive interaction



Going forward

- Catherine has thought us the importance of emotional engagement first.
- In the past it was about having control and now it is about the freedom of being present with Catherine.

Fears / worries

- Family expectation.
- How would Catherine cope and settle.
- How would staff cope.
- What would her Day look like.
- Safety.
- I knew I would not walk away from this.
- We could figure it out together.



Interpersonal identification

- Each day is a new day for Catherine.
- No definite plan.
- Go with the day and be led by Catherine
- Watch, look, listen and learn. What is she telling us?
- Reflection time with support team





Relationships

- International visitors.
- Irish cousins.
- Parish Priest.
- Niece and nephew.
- Daughter.
- Sister.
- Proximity of family.

Valued Roles

- Daughter, Sister, Aunt.
- Neighbour.
- Own Home, help with house work.
- Rebuilding & building relationships & use of resources



