

From Risk to Reality: Real Needs, Real Choices, Real Lives

Anne's Story

Getting My Life Back



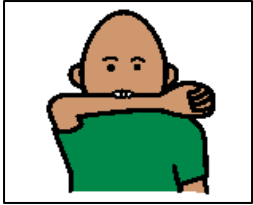
Wedding Day



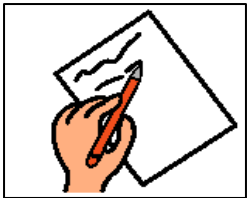
Birth of My Daughter



Difficult Times



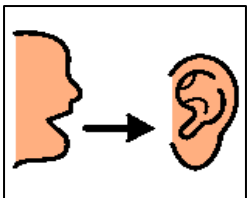
- Self-injurious behaviour



- Reports of self-injurious behaviour which can not be verified by medical examination.



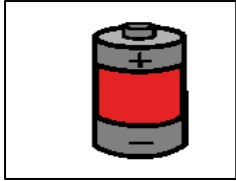
- Medical complaints of a non-legitimate nature



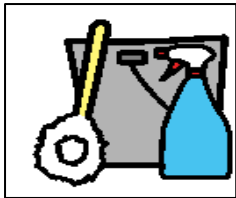
- Psychological complaints of a non-legitimate nature



My Self Injurious Behaviour



- Ingesting inanimate objects e.g. lids of bottles, batteries, cigarette lighters, can pull rings etc.



- Ingesting non-edible substances e.g. medical crèmes, cleaning agents etc



- Ingesting/overdosing on 'over the counter' medication/tablets e.g. paracetamol



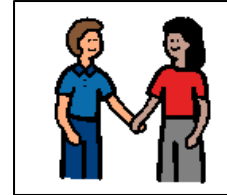
- Body Disfiguration



My Life in St James



- Institutionalised



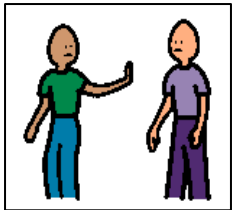
- Friendships



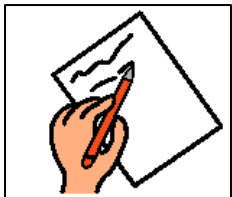
- Acute mental health ward



- Staff



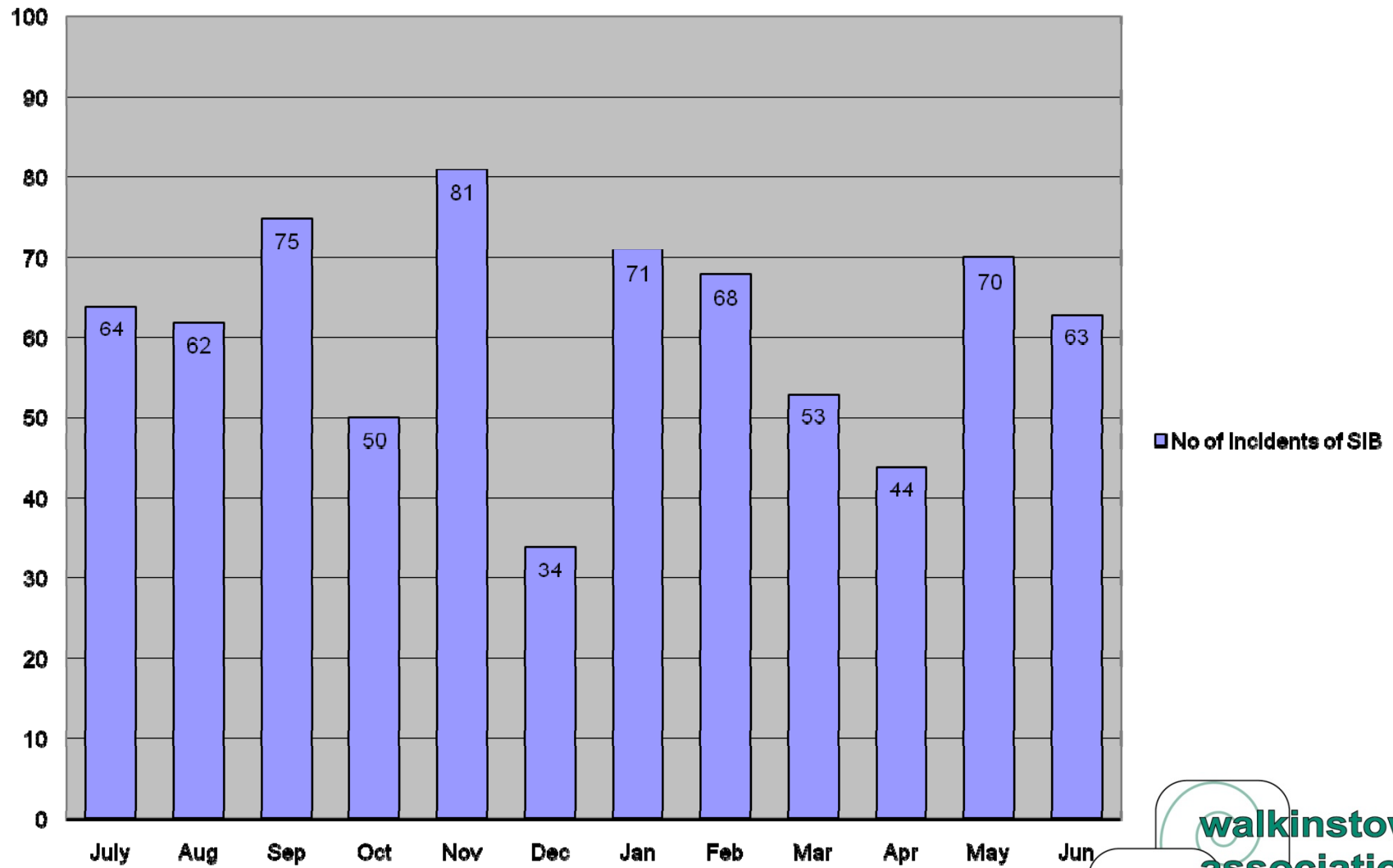
- Loss of family contact and relationships



- Daily self injurious behaviour



Incidences of Self In jurious Behaviour (2006)



Goodbye



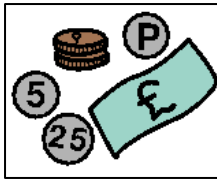
Our Aim



My New Home



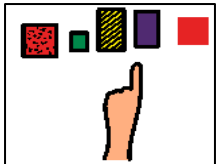
My Struggles when I moved to Avalon



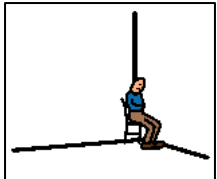
- Budgeting my money



- Having my own room



- Having choice

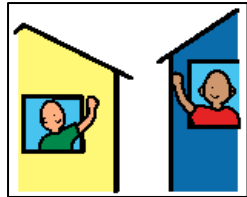


- Missing St James Hospital

My Struggles when I moved to Avalon



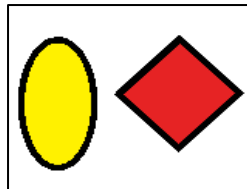
- Sleeping



- Accessing community facilities



- Deinstitutionalisation



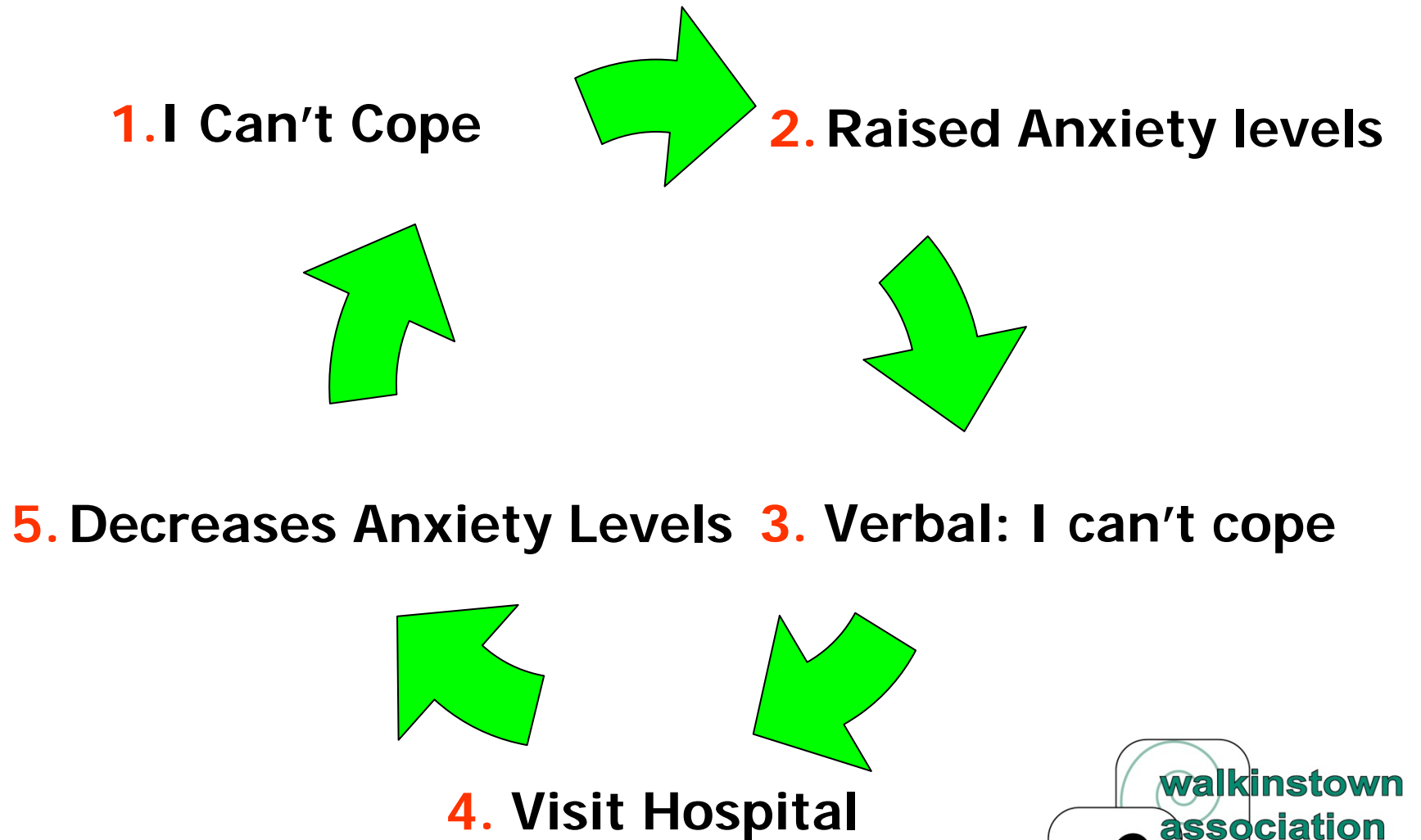
- Acclimatisation



Anne's Message



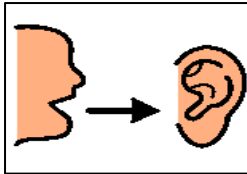
Anne's Message



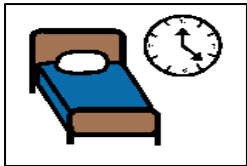
Direct Interventions



- Accommodation to go straight to hospital



- Communicating Pain Programme/Active Listening



- Bedtime Routine Programme



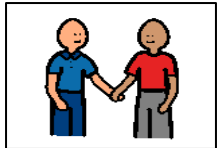
- Family Relationships Programme



Direct Interventions



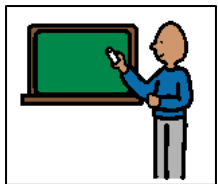
- Budget Programme



- Staff Relationship Programme

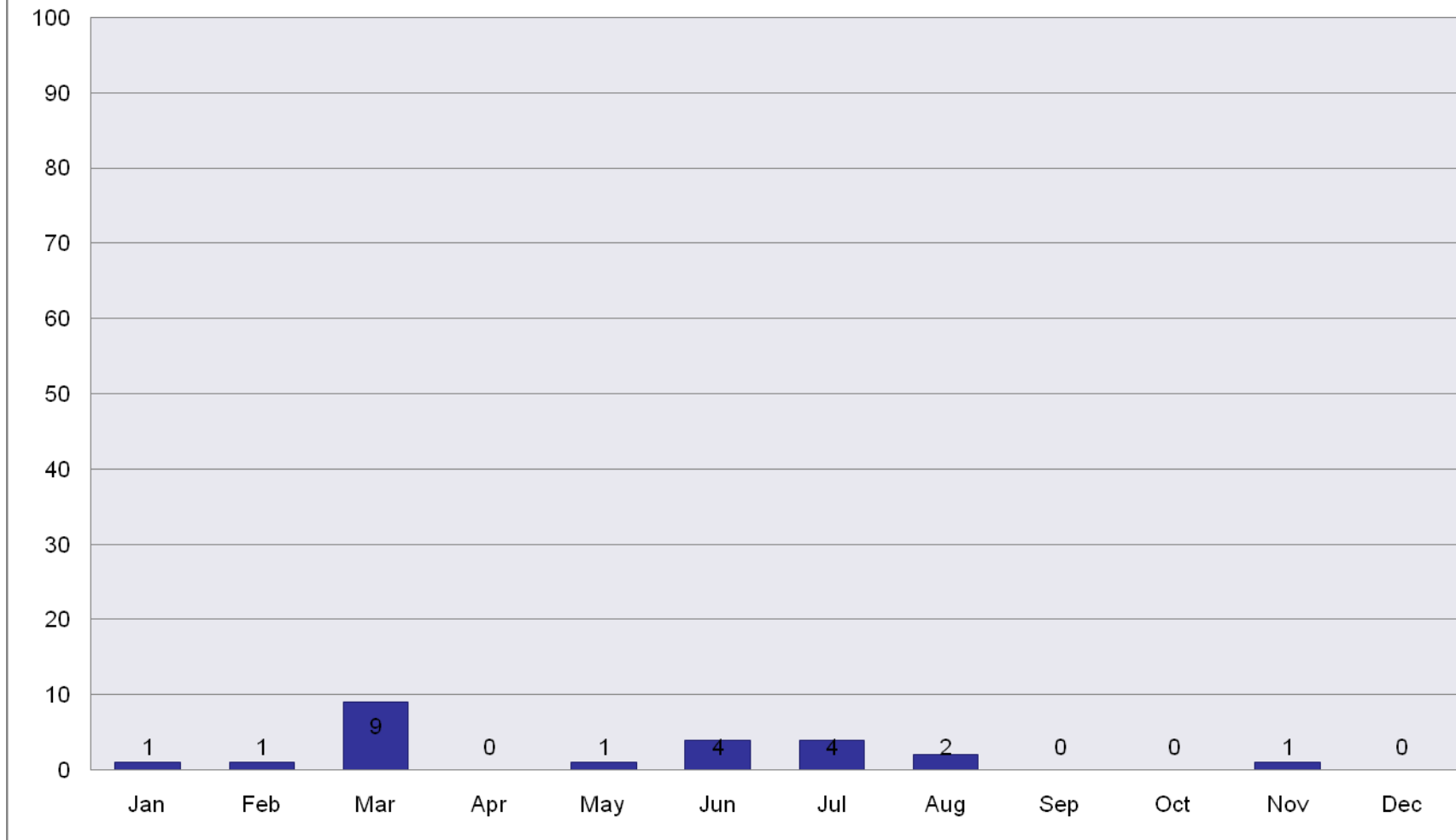


- Independence Promotion

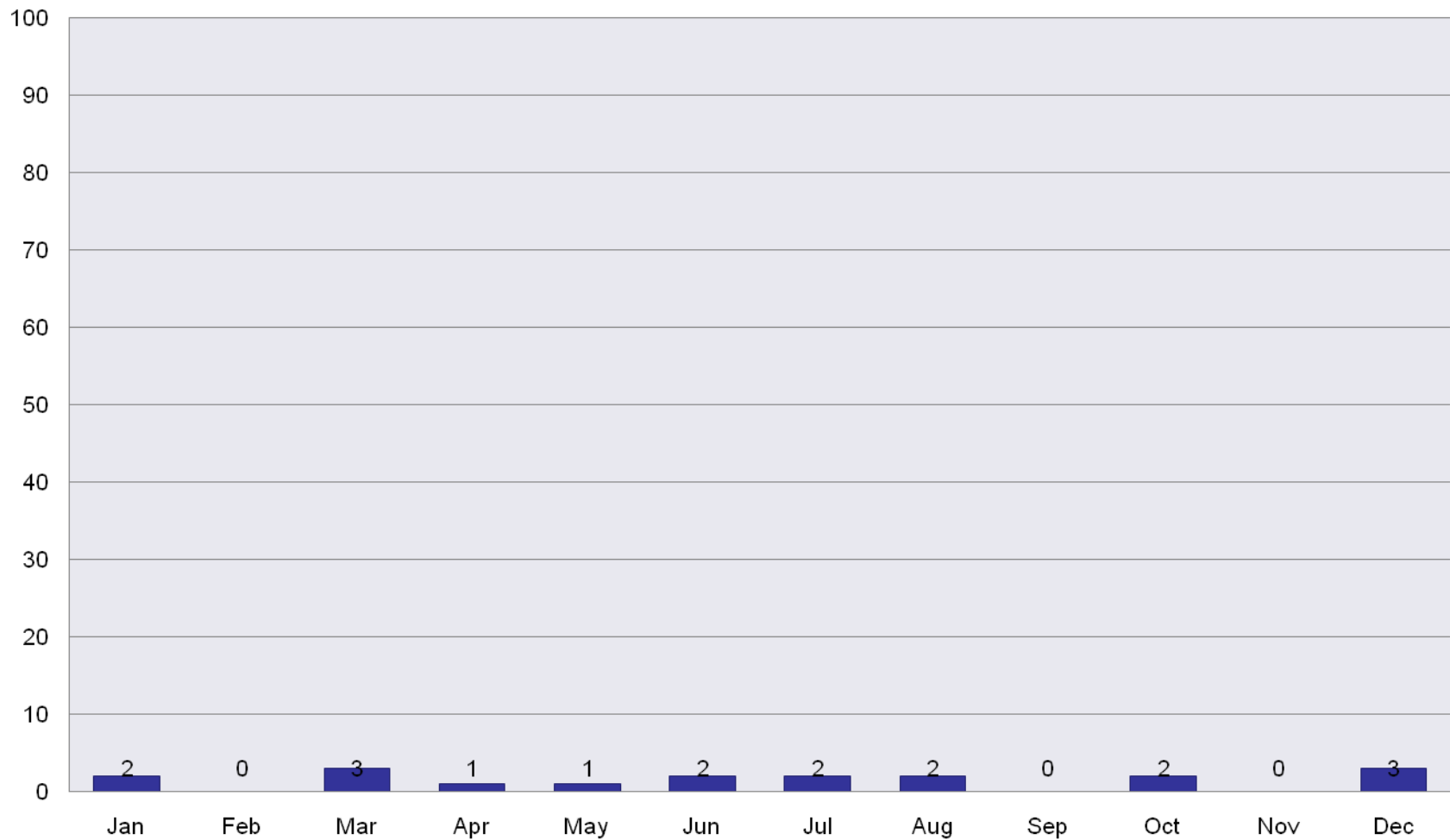


- Educating Hospital Staff

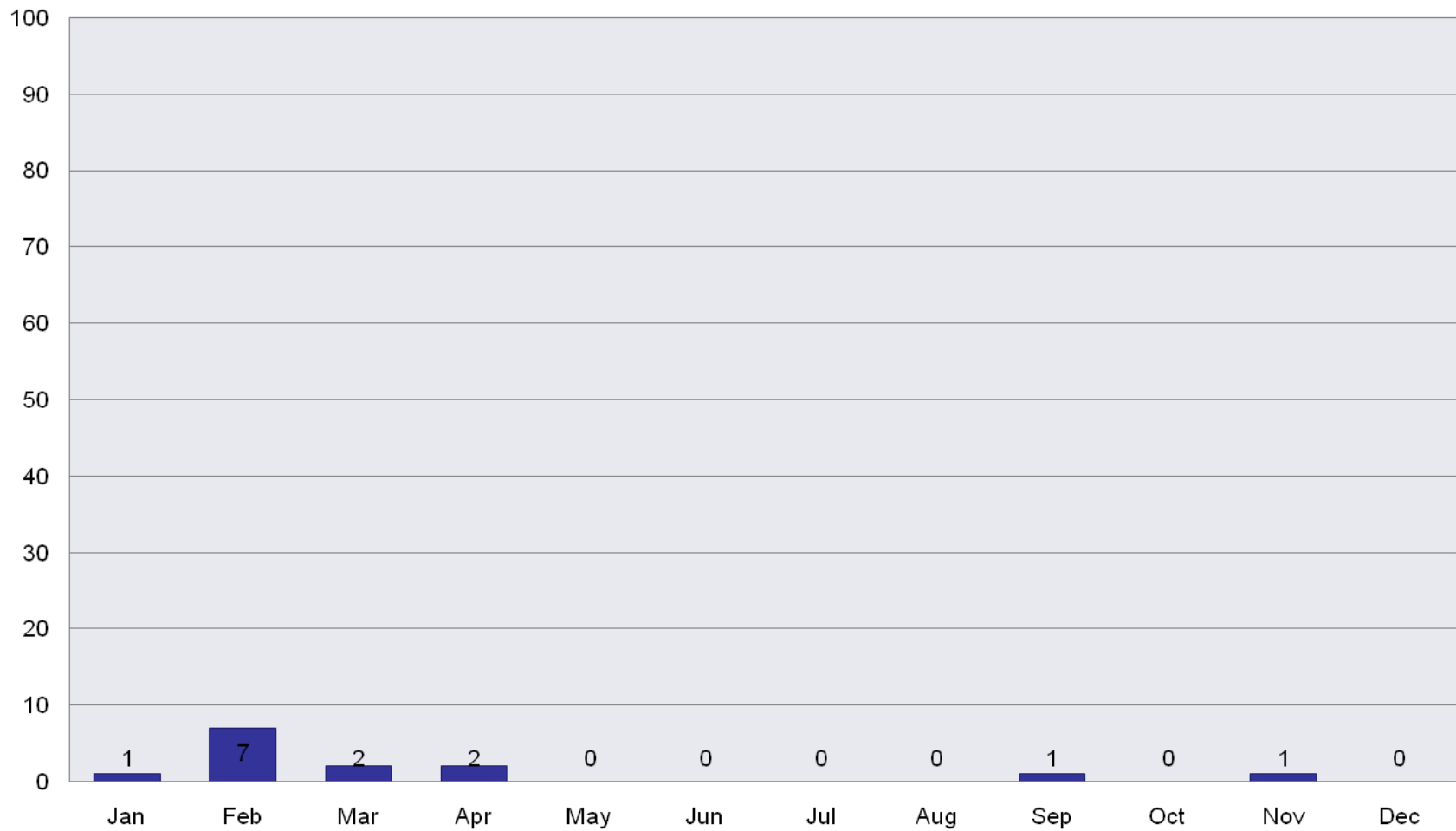
No. of Incidents of SIB (2007)



No. Of Incidents of SIB 2008



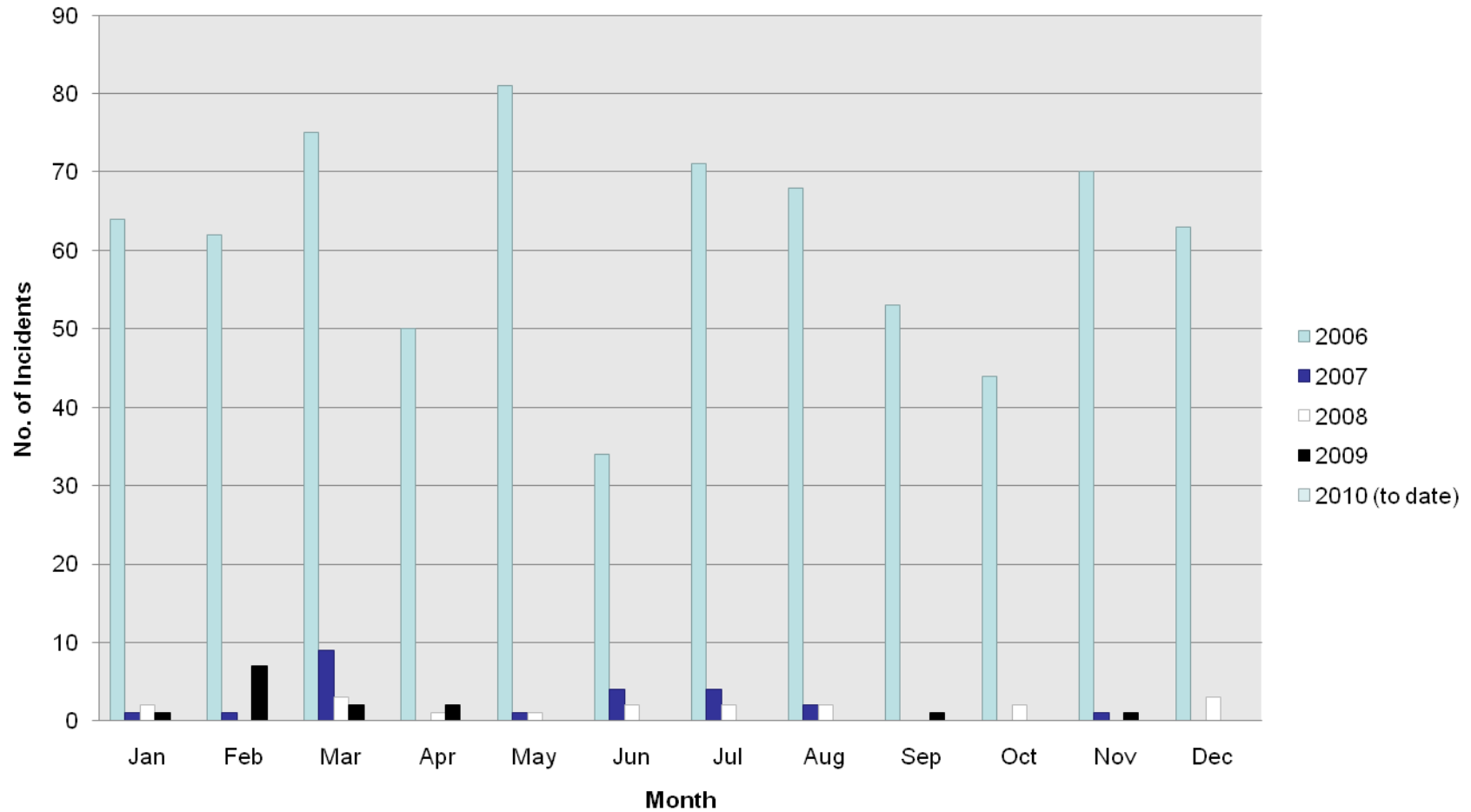
No. Of Incidents of SIB 2009



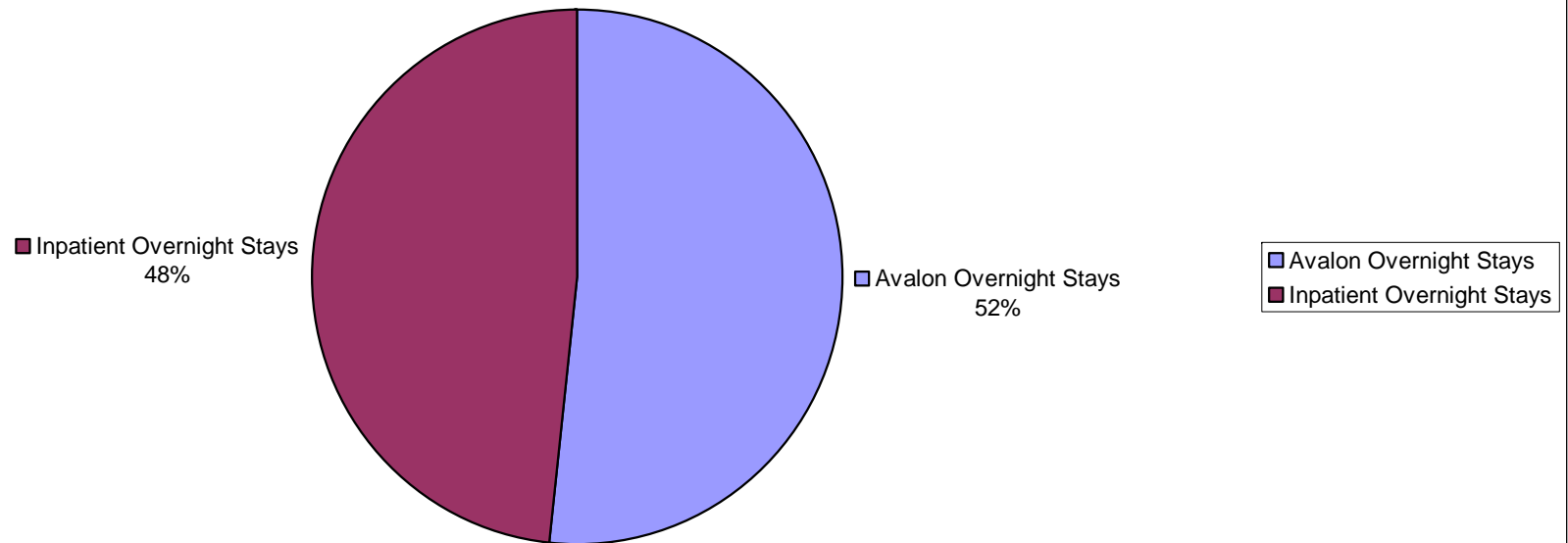
No. Of Incidents of SIB 2010 (to date)



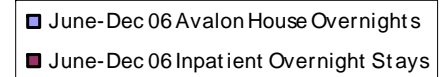
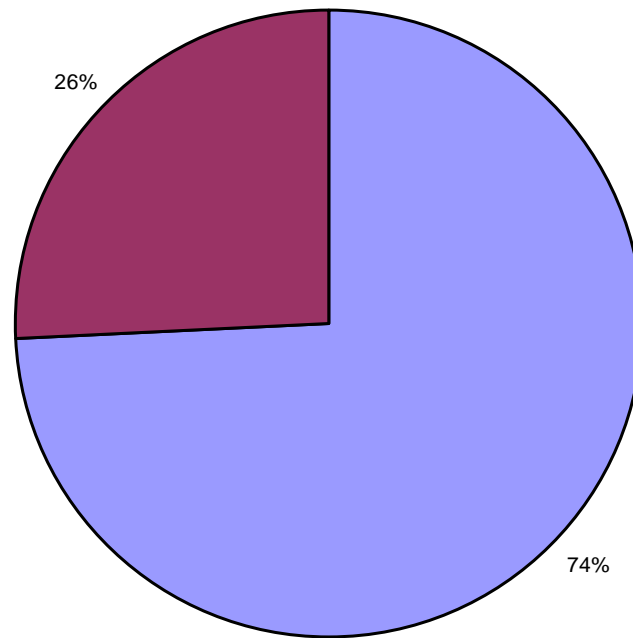
Incidents of Self Injurious Behaviour



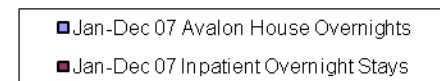
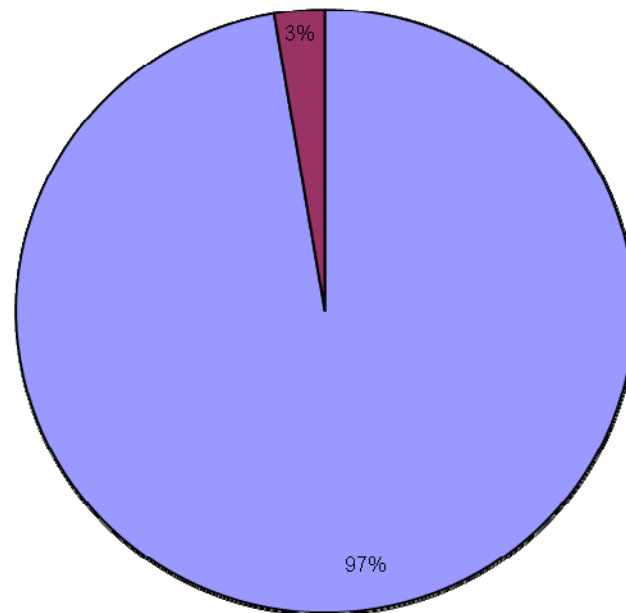
July 2006 Hospital Inpatient Stays



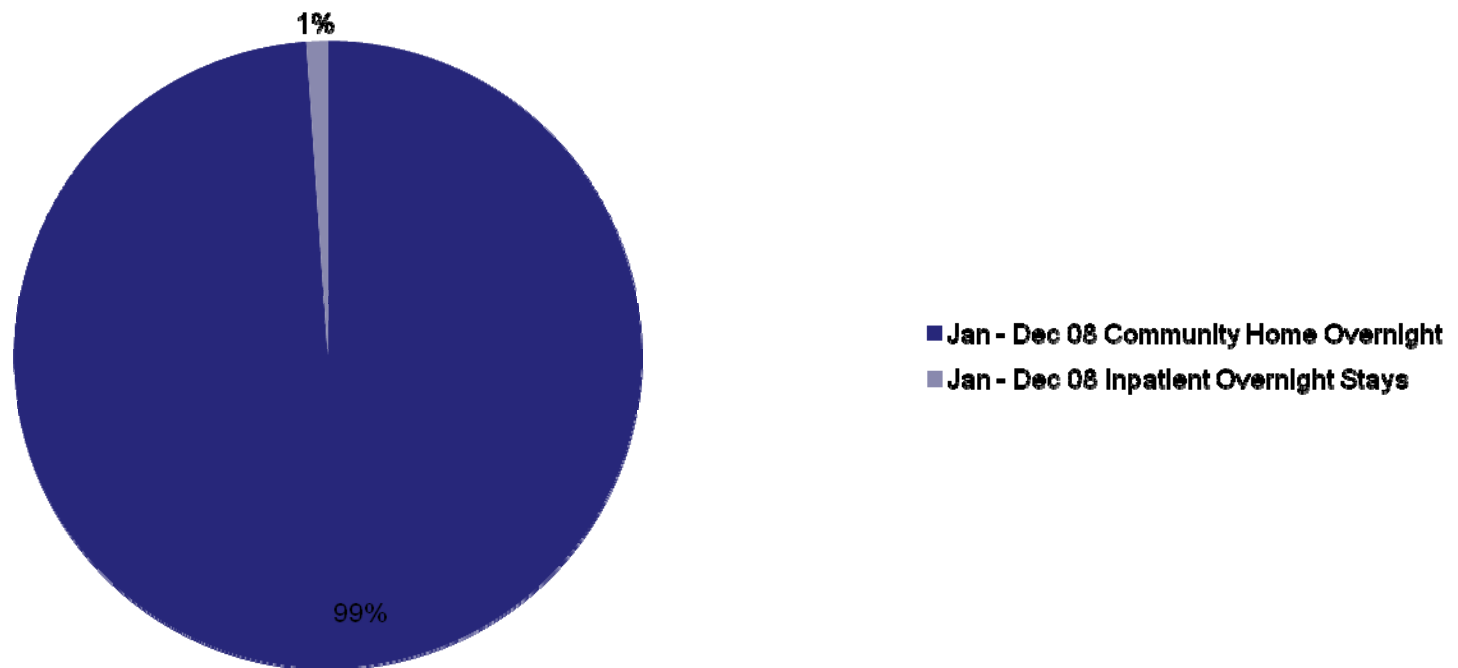
**Number of In-hospital Inpatient nights v Community Home overnights in
Avalon House June- Dec 2006 (7months)**



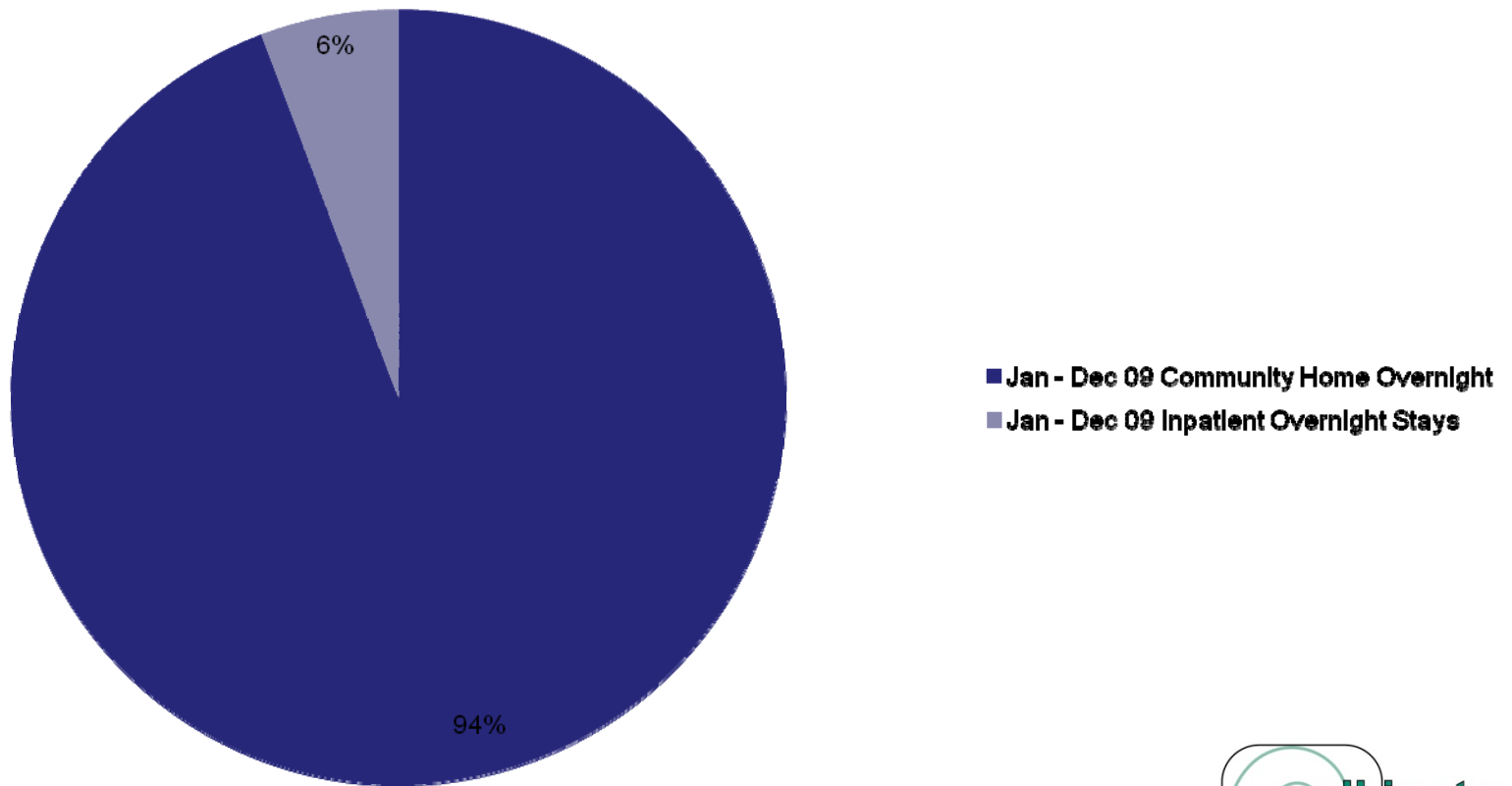
Number of In-hospital Inpatient nights v Community Home overnights In Avalon House Jan-Dec 2007 (12 months)



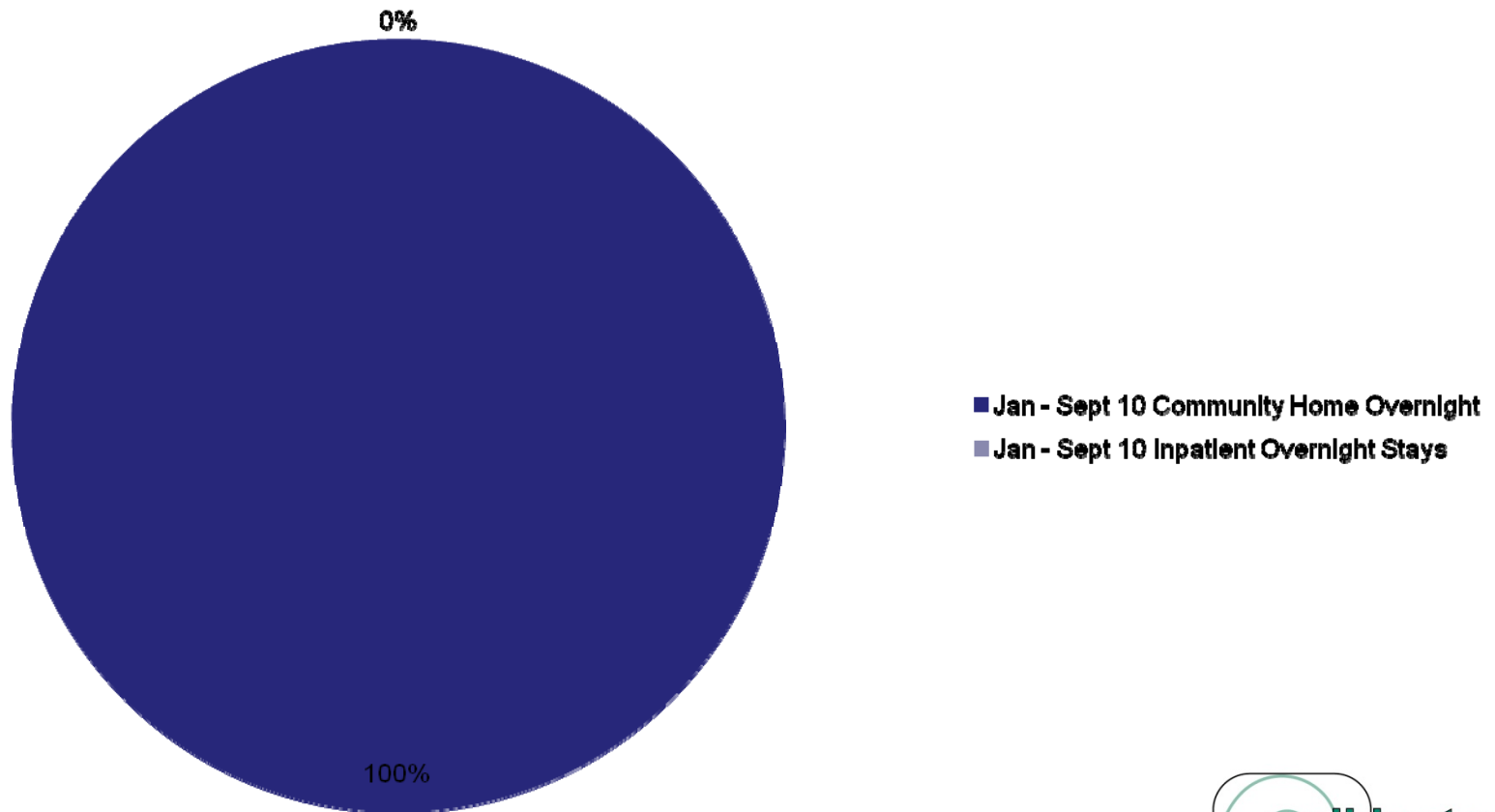
Number of In-hospital Inpatient nights v Community Home overnights Jan-Dec 2008 (12 months)



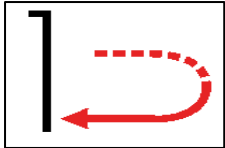
**No. of In-Hospital In-Patient Nights v Community Home
Overnights
Jan - Dec 2009 (12 months)**



No. of In-Hospital Inpatient Nights v Community Home Overnights Jan - Sept 2010 (9 months)



Avalon to Inchicore



- Return to Dublin 8



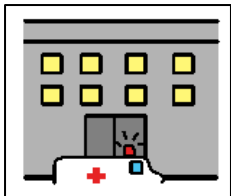
- Adapted Room



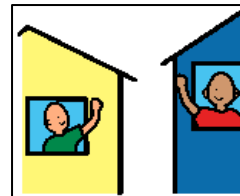
- Proximity to Family and friends



- Budget support and family support meetings



- Access to St James



- Access to community facilities



How Does It Work For Anne



- Friendship



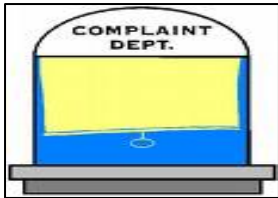
- Environment



- Boundaries



- Fun



- Complaints Forum

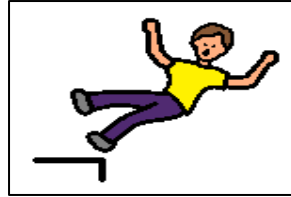


- Valued

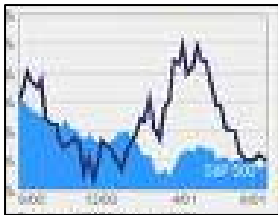
How Does It Work for Staff



- Teamwork



- Diversion Tactics



- Analysis



- Reactive Strategies



- Debriefing



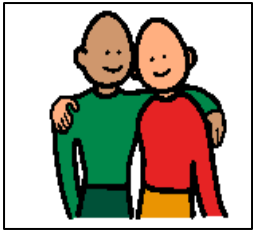
- Risk Assessments



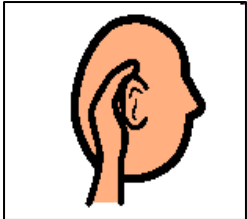
What has this meant for Anne



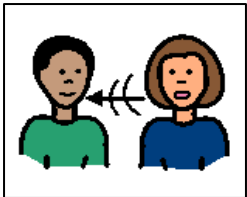
- She has rebuilt her relationship with her daughter & her family. Anne is supported by staff to visit her daughter. Anne and her daughter are planning with staff to have a holiday together.



- She has re established past friendships



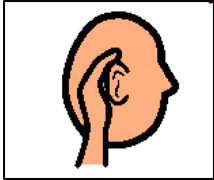
- She recognises when she is upset and takes measures to prevent herself from having an episode of challenging behaviour



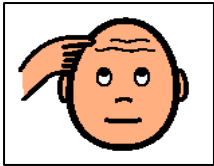
- She can now use words to express her feelings



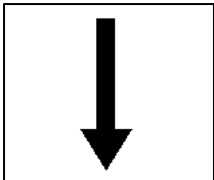
What has this meant for Anne



- She is now in a place emotionally where she can cope and benefit from psychotherapy



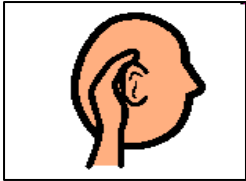
- She can plan and has hope for her future



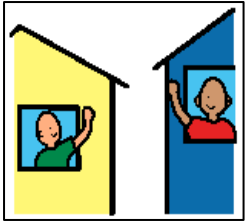
- She has reduced her Self Injurious Behaviour by 97%



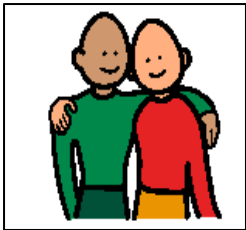
What has this meant for Anne



- She feels that she is listened to and that her opinion is valued



- She is a valued member of her local community



- She has developed trusting relationships with staff



‘I Got My Life Back And So Can You’

