

Lauren's^{*} Journey



Lauren's history

Lauren experienced a sudden decline in her health, which led to unexplained weight loss, a reduced appetite, and a noticeable drop in her mood.

She began to withdraw from daily activities, including going out into the community, and talking with friends and family. This period marked a significant change for Lauren.



When Lauren came to us

When Lauren arrived at Gables, the team recognised the need for a proactive approach to address her physical and emotional well-being.

They sought medical support and advice, organising regular appointments and check-ups with the relevant services to investigate and address her symptoms.

A dietitian was consulted to help manage her weight loss and appetite issues, while her medication was reviewed and updated where necessary to support her mental well-being.

Staff also took the time to personalise Lauren's room, together she picked the paint colour, decorations and furniture.

Lauren's care

Lauren's care plan was designed to provide support for both her physical health and emotional well-being. Staff worked closely with her to monitor her progress and adjust her care as needed.

The team focused on her dietary needs, implementing the advice from the dietitian to encourage a more balanced and nutritious diet. Slowly Lauren started to enjoy activities within the home.

She started to explore the local community with staff, which helped her regain confidence.

Lauren today

Today, Lauren's health has improved drastically. Her appetite has returned, and she is steadily gaining weight, helping her regain strength. She is also venturing out into the community more frequently, enjoying activities that she had previously declined.

Lauren's mood has lifted, she is now more cheerful, talkative, and actively engaged with those around her.

Lauren is looking into going on holiday, and adding more personal touches to her room.



^{*}Name has been changed to protect her identity.

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