

Harry's Journey*



Harry's history

When Harry first arrived at Gables, he faced significant challenges in his daily life. He experienced high levels of anxiety around going out into the community, completing personal care tasks, and managing responsibilities like laundry.

Harry also struggled with obsessive concerns. He found social interactions with others difficult, and was hesitant to attend health appointments.

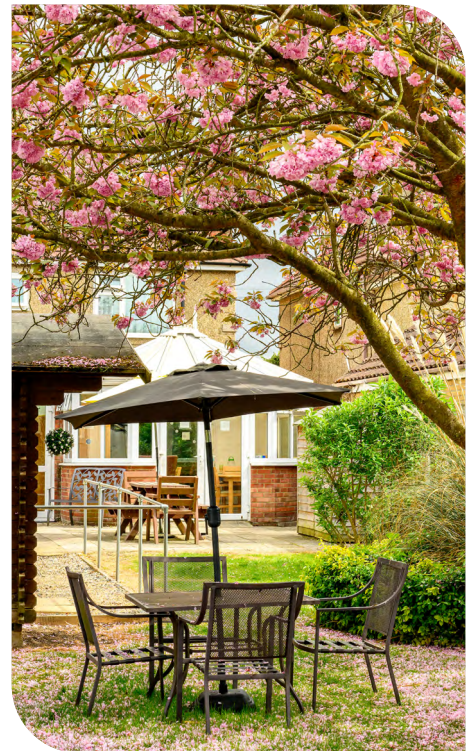
These challenges were compounded by frequent displays of behaviours of distress, which made it hard for him to engage fully in his environment or build connections with those around him.

When Harry came to us

When Harry moved to Gables, he was met with a team dedicated to understanding his needs and building a foundation of trust and support. Staff worked closely with Harry, taking time to establish a strong rapport and make him feel safe in his new surroundings.

This connection became the starting point for addressing his anxieties and the behaviours that were holding him back.

Through daily encouragement, one-to-one support, and verbal reassurance, the team helped Harry begin to feel more comfortable with tasks that had previously caused him anxiety, such as going out into the community, attending health appointments, and completing personal care tasks.



Harry's care

Harry's care plan was centred on a person-focused approach to reduce his anxieties. Staff provided consistent encouragement and practical guidance to help him take small, manageable steps toward overcoming his fears.

Regular medication reviews with the GP also played a key role in managing his health, ensuring he had the right support to address his challenges.

To help reduce Harry's challenging behaviour, staff implemented strategies focused on a reassurance, structure, and positive reinforcement. Over time, his behaviours were managed effectively, and the frequency and intensity of incidents decreased significantly.

As his confidence grew, Harry began to engage in more social interactions, building connections with others at Gables. This was a significant milestone for someone who had struggled with communication and relationships in the past.



Harry today

Today, Harry has made remarkable progress. His anxiety around community activities, personal care, and health appointments has been greatly reduced, allowing him to participate more fully in his daily life.

He is now able to complete daily living tasks with minimal support.

Harry has also developed meaningful social connections with others, a reflection of his improved confidence and willingness to engage. His challenging behaviours are now at a low level, and he continues to grow his independence and self-esteem.



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*Name has been changed to protect his identity.

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