Grant's Journey

Dove Valley Mews, South Yorkshire

Focused care for adults with a learning disability and associated complex needs who may have behaviours that challenge

Grant's History

Grant is an adult with a diagnosis of learning disability, personality disorder and treatment-resistant schizophrenia.

Prior to moving to Dove Valley Mews, Grant spent a significant period within hospital settings. Working alongside Grant, his family, and the wider care team, Dove Valley Mews created a personalised support plan to help increase his confidence, reduce anxiety, and enhance his overall wellbeing. Grant found the transition into a residential service particularly challenging.

Like many people transitioning from long-term hospital care, Grant faced uncertainty about what life outside of hospital could look like and needed significant reassurance to feel safe and supported.

When Grant Came to Us

Grant moved to Dove Valley Mews five years ago as part of a carefully planned transition from hospital.

During the early stages of his placement, the focus was on helping him adjust to the different environment and supporting him to feel comfortable within his new home. The team recognised that before significant progress could be made for Grant, it was essential he felt secure enough to build trusting relationships with those around him.

Staff invested time in getting to know Grant as an individual, understanding his preferences, his strengths and motivations. Through these conversations, they discovered Grant's passion for litter picking, which became both a personal goal and a way of helping him gradually overcome some of his anxieties around social interaction.

Grant's Support

At Dove Valley Mews, the team understands that meaningful outcomes differ for each individual. Their goal is to create the best quality of life for everyone in their care, based on the individual's abilities, desires and wishes. Whatever that looks like for them.

Outcomes Achieved

- Successfully moved from long-term hospital care into a residential service
- Built strong and trusting relationships with the staff team
- Increased confidence and reduced anxiety
- Became more independent in daily life
- Returned to litter picking through a local voluntary group
- Achieved greater stability, autonomy and quality of life

Social Care Referrals

For more information or to make a referral, please contact your regional Business Relationship Manager or email: sc.referrals@cygnethealth.co.uk

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By recognising and celebrating every milestone along the way, they helped him regain confidence and continue moving forward at his own pace.

Through clear communication, predictable routines and ongoing encouragement, Grant gradually rebuilt his confidence and developed strong, trusting relationships with those supporting him.

Grant Today

Five years after moving to Dove Valley Mews, Grant has made significant progress.

The trusting relationships he has built with the staff team (who have been consistent throughout the challenges he has faced), along with following his care plan, have enabled him to flourish. Grant is now engaged and demonstrating increasing independence across many areas of his life. He is also actively volunteering with a local organisation and regularly participates in community litter picking events.

Through consistent, person-centred support, Grant has moved from a position of high dependency to one where he experiences greater autonomy, stability and fulfillment. His journey demonstrates the value of building trust, focusing on strengths and supporting people at their own pace.

Working alongside Grant, his family, and the wider care team, Dove Valley Mews created a personalised support plan to help increase his confidence, reduce anxiety, and enhance his overall wellbeing.

To encourage him towards his goal, the team purchased a litter picker tool and rubbish bag holder and initially supported him to collect litter around the local area surrounding the service.

The team worked closely with Grant to review his support needs and tailor his care plan when situations outside of his control happened.

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CYG-2125| Date of Preparation: 15/10/26

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