Kevin's* Journey

Cygnet Hospital Colchester, Essex

High Dependency Complex Care Service for Men



Kevin's History

Prior to coming to Cygnet Hospital Colchester, Kevin lived at home where he was supported by his parents. Kevin has a moderate learning disability and autism.

He required highly structured support and followed a very strict daily routine. Kevin required an urgent admission due to a gradual increase in his aggression and challenging behaviour, which the team at Oak Court were able to facilitate an assessment and admission, within 4 days.

When Kevin Came to Us

Kevin's parents were incredibly dedicated and involved in his daily life, but they felt a great deal of anxiety about him transitioning into a hospital setting. Recognising the importance of the family unit, the Multidisciplinary Team (MDT) held a dedicated transition meeting prior to Kevin's arrival to provide reassurance, listen to their concerns, and establish a collaborative plan to mirror Kevin's home environment as closely as possible.

On arrival Kevin required 1:1 support whilst he settled in, the team were quickly able to help him feel comfortable and this was reduced shortly after admission.



Outcomes Achieved

- Successful transition to community-based supported living within four months
- Increased Independence
- Expanded his experiences through therapeutic activities
- Medication reduction
- Improved skills to advocate for his own care needs



"We are very pleased that Kevin responded so well. The psychiatric assessment was clearly carried out rapidly and effectively and his medication was dramatically reduced"

– Parents

Cygnet Bed Hub 24/7 Support

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Cygnet Health Care

Kevin's Support

The clinical team worked hand-in-hand with Kevin's family to integrate his established routines into the ward's daily schedule. The catering team was fully briefed on his precise dietary preferences regarding colours and textures to prevent mealtime distress.

Kevin settled into the hospital environment well, adapting quickly to his new surroundings. He seamlessly maintained his time-managed routine while making some adaptations to the new environment. Whenever delays occurred and Kevin became agitated, staff were on hand to deliver immediate reassurance, building a strong therapeutic rapport with him.

Crucially, Kevin's care plan was designed to balance safety and comfort with personal growth. While the team strictly followed his routine at first to make him feel at home, they slowly introduced positive risk-taking. The Occupational Therapy (OT) team engaged extensively with Kevin, embedding therapeutic tasks into his day while encouraging him to maintain his independence. Staff supported him with structured on-site activities like art and stickers, word searches, and planned trips out into the community, keeping interactions short and purposeful to match his communication style.

A key element of Kevin's care involved supporting his parents. Understandably, they were concerned that any deviations from his routine might set him back, or cause him distress. The team worked to reassure them that his plan was being followed safely, while also helping them understand and accept Kevin's maturing choices as he began to explore life outside his comfort zone.



Kevin Today

Over the four months he was supported at Oak Court, Kevin's independence grew and began to feel confident enough to make his own decisions. He started to naturally stray from his rigid timeline, showing an openness to trying new things and successfully learning to accept spontaneous changes to his daily plans.

His transition plan was exceptionally thorough to ensure he fully understood his progression pathway. Kevin has matured significantly, developed positive relationships with staff, and gained the confidence to advocate for his own support needs. Thanks to his hard work and the dedication of the MDT, Kevin has successfully transitioned from hospital into a community-based supported living environment.

"We liked the fact that there was a commitment to;

a) Thinking about Kevin's long-term arrangements in the community

b) A commitment to minimising his time in hospital

c) Minimising medication

d) Giving consideration to Kevin's longer-term relationship with his parents

We felt that the support workers interacted well with Kevin, and really supported him well. The support workers were also supportive of us during our weekly visits.

Overall we are relieved that Kevin managed so well and can attribute that to his personal effort and the support of the team at Cygnet. It was a difficult time and we are grateful to the team for their support. "

– Parents





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***Name has been changed to protect his identity.**

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