Theo's* Journey

Woodrowe House, Leicestershire

Neurological Complex Care Service



Theo's History

Theo was in his forties when he suffered a series of strokes. The impact was severe, and included changes to his memory, speech, mood, and mobility. He was initially assessed by the General Hospital Stroke Team and received care from the Community Integrated Neurology and Stroke Service (CINSS). Due to the combination of co-morbidities he was facing, Theo was referred to Woodrowe House for a period of intensive neuro-rehabilitation.

When Theo Came to Us

Theo arrived at Woodrowe House feeling frustrated and reluctant to engage with another rehabilitation programme. The team responded with patience and compassion, taking time to understand his needs and triggers. Their priority was to build a strong therapeutic relationship with Theo, starting with a tailored communication strategy that enabled him to express his feelings and needs more effectively.

Theo's Support

With a foundation of trust, the team uncovered an underlying fear. Theo was anxious about Woodrowe House becoming his permanent home. Once staff reassured him that every exercise and therapy session was designed to help him regain his independence and return home, he became more motivated to engage in rehabilitation.

With this reassurance and continued encouragement, Theo's trust grew and his therapy began to progress at a positive rate.

Our multi-disciplinary team tailored their approach to support his journey. The Speech & Language Therapy team helped Theo expand his use of communication aids and offered insight and education for his family and the wider care team on how to support him effectively when his mood was heightened.

Our neuropsychologist focused on identifying behavioural triggers to devise a personalised Positive Behaviour Support Plan (PBSP) for use both in rehab and after discharge. Psychology sessions also signposted community support organisations like Headway.

Occupational Therapists helped Theo re-establish personal hygiene routines, practise domestic activities of daily living, and gain confidence accessing the local community.

With the support of physiotherapy, Theo engaged with a targeted gait training and exercise programme, introducing mobility aids to rebuild his strength and stability.

Managing Theo's insight into his health, particularly around dietary choices, remained an ongoing focus. The team worked closely with him on this and highlighted it as an area where his family could provide continued support at home.

Outcomes Achieved

- Improved communication
- Increased mobility
- Re-established daily living skills
- Successful discharge home
- Reduced care package following discharge

Theo Today

After six months of dedicated rehabilitation, Theo was ready to live independently again.

The Woodrowe team conducted a thorough home assessment to recommend key environmental adaptations, and a referral was made to Adult Social Care to organise his transition. Theo was pleased to have regained his independence and returned home. Although Theo was initially discharged with a package of care, his support needs have reduced over time enabling a reduction in that package.



*Name has been changed to protect his identity.

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For more information or to make a referral, please contact
Victoria Sudworth on 07385 665312 / VictoriaSudworth@cygnethealth.co.uk

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