
Case Study: Working Age Adults. A Truly Individualised & Personal Approach. Southlands Extra Care Housing.

Background – care and support needs

Diagnosed with early on-set dementia and having just experienced a stroke LH's family were finding themselves unable to meet the care needs of their loved one. At just 56 the stroke had affected her mobility. The dementia also meant she was unable to be left on her own and was experiencing social isolation without being able to get out and about as much.

LH had secured a place at a care home but unfortunately the home had a Covid-19 outbreak and LH was unable to be admitted.

Whilst most of our locations are for people aged 65 and over we recognised that we could help and support LH and her family on a short-term basis with our Apartment option at Southlands in Roundhay – which also has care staff on-site 24/7 available for all Apartment occupants if, or when, they need it.

Needs

When LH arrived at Southlands her independence levels were very low. She was unable to walk, and the family used a wheelchair. LH was unable to make meals and could not remember when to eat. She also struggled with general daily tasks.

Service Provided

Following a personalised assessment, the Southlands Care Team created a package of care and support which would support her to regain as much independence as possible. This involved:

- constant prompting with the use of lists to remind her of daily tasks;
- encouraging LH to try and complete the simpler daily tasks herself;
- establishing the use of a clock to enable LH to become familiar with a routine; and
- daily support and encouragement around her mobility which enabled her to walk again.

LH resided at Southlands Apartments for five months.

Outcome

After five months of living at Southlands LH was able to move to her original destination of choice. With support from the Southlands Care Team her quality of life had vastly improved. She had:

- increased her mobility to the point she was able to walk out of Southlands and onward to her care home
- learnt strategies to help improve her memory which increased her confidence
- increased her social interaction through daily activities and relationships with other Apartment owners. She now enjoyed getting out and having a glass of wine with friends and socialising.

Southlands Apartments had ticked all the boxes relating to living life to its fullest whilst providing quality accommodation and the reassurance of 24/7 on-site care and support when needed.

How much does it cost?

Short stays start from £490 per week room only, plus care and support services which are calculated on an individual needs basis. If you are looking for a more permanent solution that can provide outstanding care and support our Apartments at Headingley Hall and Southlands start from a purchase price of £190,000 for an ownership option. Shared ownership and rental options are also available for our Apartment offer.

Residential and nursing care options (at our CQC Outstanding location – Pennington Court) are also available.

For more information and to discuss your individual situation call our experienced and friendly care team today.



Take a tour of our apartments

Scan the QR code using your phone camera or visit www.westwardcare.com

Southlands **Telephone**
Wetherby Road 0113 265 5876
Roundhay
Leeds LS8 2JU

Twitter
@WestwardCare
Facebook
Westward Care

www.westwardcare.co.uk

0113 331 4830



Westward Care