



BEV'S STORY

A look at how Bev has been supported by iDirect to meet her desired outcomes through the use of an Individual Service Fund.

www.idil.co.uk



BEV



A BRIEF LOOK AT BEV'S LIFE...

Bev, is a 53-year-old woman with complex mental, and physical health needs and a Learning disability.

Bev experienced a difficult childhood; she was the victim of physical, sexual and emotional abuse from family members and experienced bullying at school. This led to Bev finding life extremely difficult to cope with, which caused her to engage in self-harming behaviours and criminal offences.

Bev would also struggle with frequent depressive episodes and was unable to maintain healthy relationships; often being taken advantage of by others, and finding it difficult to integrate in to her community.

Bev was convicted of offences including damage to property, fire setting/arson and physical assaults which led to her imprisonments in 2006 and 2008.

She was later diagnosed with Emotionally Unstable Personality Disorder after she was admitted to St. Andrews Hospital when it was recognised that her behaviours occurred as a result of her mental health.

Bev spent 7 years as an inpatient at St. Andrews, whereby she began to engage in treatment, therapy and moved in to supported living in 2015.

At first, Bev received 1:1 support from staff 24 hours per day. After the introduction of an ISF in 2017, she began working towards reducing her support hours.





OUTCOMES

MENTAL & PHYSICAL HEALTH

Bev's support & ISF has been paramount in managing her mental health; she recognises certain times of the year are very stressful for her; such as the anniversary of her brother's suicide, so she is able to bank her hours to utilise for additional support at those times. Bev feels this has been essential in keeping her out of hospital - she shared:

"If I didn't have my staff during some of the bad wobbles, I would have definitely tried to hurt myself and probably ended up back in hospital".

Bev has also shared her feelings around how iDirect have helped her employ the right people for her team ('the girls') she says:

"They (iDirect) know what kind of people I like, and get my involved in whatever way I want - I can meet people for a coffee or come to the interview which helps me choose the right people. If I don't get on with staff like in previous places, I can't trust them. My girls' know me well and can help me when I'm having a wobble because I don't always recognise this myself"



Bev has experienced several difficult periods since moving in to the community, with her brother's suicide, death of another brother and other life events which have been stressful. During these times she has been able to utilise her support and engage in support and strategies which has helped her avoid self-destructive behaviours and relapse.

She has remained compliant of her Ministry of Justice Conditional discharge, built positive relationships with her local CMHT and engaged with prescribed medication. These are all things that Bev has had difficulty with in the past.

Another positive outcome which has been achieved was for us to support Bev with building on skills and techniques she can use independently to help her self-manage any difficult emotions. Over time, as her support has reduced, she has been able to work through things on her own, without support which has been fantastic.



Bev has also engaged with support from iDirect to manage her physical health. Bev has been able to accept regular additional health checks such as mammograms and cervical screenings which is a huge outcome for her, and any new physical health issues have been found and treated which demonstrates meeting one of the desired outcomes for Bev of "Managing my physical and mental health"

RELATIONSHIPS

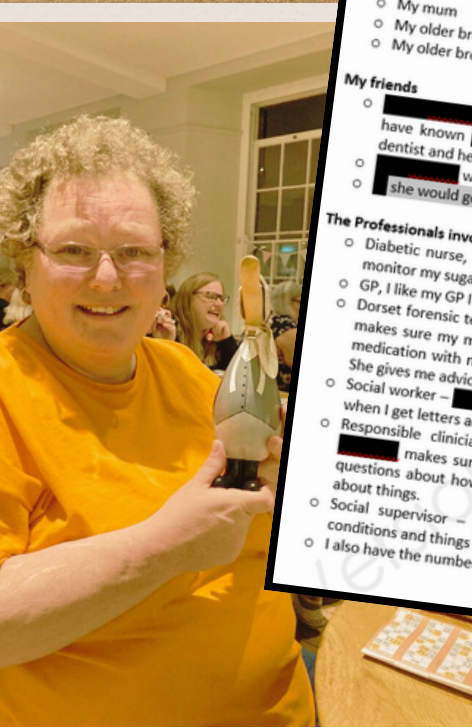
Bev has a history of turbulent relationships; often being taken advantage of by others. She has also found it difficult to maintain relationships.

Since 2015, Bev has established many new friendships - with people in her community, neighbours, through social groups and with others at iDirect. Bev has been able to maintain all of these relationships and has also been able to set boundaries to ensure she is safe - this is something she has found extremely difficult before, which had led to her being taken advantage of financially and emotionally.

Bev has also continued to build on family relationships - these were extremely strained due to the complexities of her family history. She was able to reconnect with her brothers before their deaths, and maintains regular contact and meetings with her mum.

Bev has always found herself a natural care-giver - she loves to help others and this gives her a great sense of purpose. Bev has established a great relationship with her neighbours, who are older and struggle with some tasks, so they will often buy food which Bev will prepare for herself and them. This obviously provides them with help, but also allows Bev to fulfil her need to help others, and also gives her motivation to cook food for herself as she can often find it difficult to do this for herself.

Have a look below at Bev's relationship map before and now!



2015

People in My Life

My family

- My mum
- My older brother
- My older brother [redacted], his wife [redacted] I do see them but we are not close. he has 4 children

My friends

- [redacted] and his wife [redacted] they are very important people to me, I have known [redacted] since I was 18 and he is like a big brother. He was my dentist and he also helped out doing odd jobs.
- [redacted] who I met in prison then again in hospital, she lives in Bristol
- [redacted] she would get into wrong situations, so I sometimes bump into her!

The Professionals involved in my life:

- Diabetic nurse, I visit her weekly at the surgery, she helps me learn how to monitor my sugar levels and inject my insulin
- GP, I like my GP I don't feel judged
- Dorset forensic team - Community Psychiatric nurse [redacted] makes sure my mental health is ok and visits me at home. She sorts out my medication with my GP and checks I have my bloods taken for my Clozapine. She gives me advice on what to do if I feel I want to cut myself.
- Social worker - [redacted] visits me at home, she makes phone calls to people when I get letters and don't understand them.
- Responsible clinician - Dr [redacted] makes sure I am ok and checks on my mental health. She asks me about things.
- Consultant forensic psychologist. [redacted] questions about how I am managing now I have left hospital and how I feel about things.
- Social supervisor - [redacted] makes sure I am sticking to my conditions and things are going well.
- I also have the numbers for the crisis team in Dorchester

2023

FAMILY

- My mum - Janet
- My dog, Cassie.
- I also have a sister in law, Sarah, and nephews Connor and Kieran who I don't see very often.

PAID PEOPLE

- My iDirect core staff team ("the girls") Karen, Trish, Sarah, Shereece, Rosie & Izzy
- Others at iDirect: Katy-Ann, Lucy, Jane, Bev, Georgie, Scarlett
- CPN - Lyndsey Maunder
- Psychiatrist - Amy Slidder
- Social Worker - Sarah Humby
- GP - Dr Bailey
- Dentist

GOOD FRIENDS

- Another person supported by iDirect: Sophie
- Kate Hedren - we were in prison and hospital together. She has a son, Harry.
- Pinkie
- Sam, Steve & Harper - old neighbours who I keep in touch with.

OTHER PEOPLE

- Other people supported by iDirect: Iona, Holly, Jenny and Kathy
- People on my 'Card List'
- People at Bingo
- People from my local café



INDEPENDENCE & SUPPORT REDUCTION

A desired outcome highlighted for Bev has been around reducing her support and empowering her to feel confident to be without support. Her ISF allowed this process to go slowly, at her pace. We began with withdrawing support for an episode of Coronation Street, and this slowly increased to where she now has 63.5 hours of support per week, and no sleep-ins! Bev has always been very generous in accrediting her progress to the 'girls' - but this has not been accomplished without her own hard work. Bev used to stay inside if she was unsupported, but has since met with friends, gone out in the community and to activities independently - this is something that Bev would never have considered possible for her in 2016.

Bev's ISF has also been a really useful tool in the reduction of her support, as she has been motivated to 'save' hours so she can utilise those to meet other outcomes. Bev has reduced her support by 1820 hours, and 365 sleeps per year!



MEANINGFUL ACTIVITY

Bev has also been able to achieve a fulfilled social and purposeful activity schedule since being supported by iDirect. Some of the clubs she has enjoyed include Arts and crafts, bingo, Aquafit, photography and coffee and chatter club. Bev has also enjoyed attending less regular events such as country shows, craft fairs etc., and spend a lot of time with her friends - either at home, out for lunch, shopping or meeting for a coffee. Due to Bev's history of finding it very difficult to integrate in to social settings and groups, this demonstrates how far she has come with the right support.

Bev has always desired to go on Holiday and has been able to enjoy annual holidays in the UK with friends (supported by banking ISF hours to utilise extra support). She regularly visits her friend Kate in Bristol and is planning to venture overseas to Ireland later this year to visit an old friend, Kitty.



Another outcome was being involved in the writing and publication of a book in 2016, around mental health help, and travelling to London for the Launch.

Bev was invited to speak about her experiences of being an ex-offender with support needs for Skills for Care in 2019; this is something she was able to attend due to being able to flex her support. At the convention she spoke so openly and honestly about her experiences, that she was offered a job to advocate for other people, with the National Institute for Inclusion!

COMPANY DETAILS

We are iDirect Independent Living. We are an organisation, founded in 2014, who now support nearly 50 people across Dorset, Wiltshire and Hampshire. The people we support have a learning disability, autism and/or mental health needs. Our vision is simply:

To enable individuals to live a kind of life they have reason to value.

We strive to enable people to pursue active and fulfilling lives, gain increased independence and achieve equal rights as citizens. For the past 8 years, we have been working towards greater choice and control for the people we support through offering self directed support options.

Contact

East Dorset, Hampshire and Wiltshire office:
Suite 16A6, Peartree Business Centre,
Cobham Road, Ferndown,
BH21 7PT
Phone : 01202 076 688

West Dorset office:
21 Great Cranford Street,
Poundbury,
Dorchester
DT1 3SQ
Phone : 01305 259 075

www.idil.co.uk 

info@idil.co.uk 