

Case Study: From hospital to home

The following case study showcases the outstanding support provided by the Community Integrated Care team to enable people to live their best lives possible.

Corrine is a person supported by Community Integrated Care in Clackmannanshire. This case study is told from her point of view, and the information captured has been retrieved through meaningful conversations with Corrine herself, and the people closest to her, such as family, care managers and her support team.

Written consent has been obtained from Corrine's family to provide this case study.



Hello, I'm Corrine

"I am a caring, funny and outgoing woman in my 50s. I was born in Yorkshire on the 30th of August 1967. I have two brothers – Stuart, who lives nearby, and Paul who lives in Australia. I'm very family oriented.

I love all things music and spend most of my day dancing and attending music classes. I also enjoy arts, crafts and baking!

My appearance means everything to me - I love to be dressed to the nines and don't like leaving the house without my makeup on and my hair done.

I have a diagnosis of a learning disability, anxiety and autism, as well as multiple physical disabilities."



My Background

Growing up, my Mum cared for me at home in Yorkshire until I was around 10. This was when my behaviours that challenge became unmanageable for my family, and I was offered a place at Beechcroft Child and Adolescent Inpatient Unit where I received professional care, suited to my needs at the time.

My family soon moved to Scotland, however I was unable to join them as there was no suitable accommodation for me to move into at the time. So they would visit me every other week. These bi-weekly visits were difficult for me as I really missed them, so I moved to Scotland to live with my parents when I was in my teens. However, my behaviours that challenge continued and I was soon placed within the Royal Scottish National Hospital.

Sadly, both of my parents passed away in 2002 and I was moved to Loch View when the unit opened in 2003. This hospital unit was busy and the noise was overstimulating for me which likely added to my anxiety and challenging behaviours, and caused me to require sedative medications.



“In July 2023, I was given the amazing opportunity to move into my own home for the very first time at age 55, supported by Community Integrated Care.”

Finding a home with Community Integrated Care

My transition to living in my own home began with my support team from Community Integrated Care visiting me in Loch View hospital. During these visits I would spend time with them dancing and singing, taking part in craft projects and going on walks around the local area.

We faced challenges during my transition period, due to the noise and busyness on the ward, but I always put on a brave face and tried my very best to get the most out of these visits. I could at times be anxious and agitated. However, over time, the team learnt how to support me to deal with these feelings and emotions. Doing a body scan or taking three deep breaths did wonders to calm me down!

Further on in my transition period, I began visiting my home in Baingle Brae, supported by two members of my new support team. My house was not yet fully furnished but I was able to get to know my team and get used to my new home! We spent hours every day dancing, singing and getting creative.

Due to living within the hospital environment for my entire adult life, I had grown to know Loch View hospital as ‘home’, but the Community Integrated Care team supported me to discover that there’s a life outside the ward. I quickly learned to love my newfound freedom and ‘home’ became my beautiful bungalow in Tullibody.





Settling In

I receive 10 hours of 2-1 support during the day and 1-1 in the evening and overnight. This works really well for me and my lifestyle as I love to spend most of my time out and about, be that shopping or going to clubs. Having two members of my team support me throughout the day ensures that I feel safe and fully supported and my 1-1 time helps me to relax in the evenings.

Since moving to Baingle Brae, my behaviours that challenge have decreased significantly and the frequency of me requiring sedative medications has also decreased because of this. I'm supported effectively in a person-centred manner to de-escalate challenging feelings.



"My team have taken the time to know me as the person I am, not just the support I require."

A year on

It's been a year since I received the keys to my first ever home. I appear much happier, more relaxed and I'm adjusting to home life fantastically!

I'm always keen to get involved in housework and can complete a lot of this independently. I especially enjoy making sure all my laundry is done and washing the dishes.



"I've made my house at Baingle Brae into my home, and one that I'm really proud of!"

With support from my team, I've decorated it with things that I love, including having a wall dedicated to my own art masterpieces.

Since moving into my own home, I've discovered a love of food and have been able to try so many new dishes. I now really take my time eating and enjoying my meals, whereas I used to rush to eat as quickly as possible.

I've also found that I love baking. I'm known as Baingle Brae's 'Star Baker' and am always making cakes for my neighbours.

Other hobbies that I enjoy include arts and crafts, shopping and catching up with my friends. I'm always out and about in the community now, whether that be going to the shops to buy myself a new outfit, having lunch at one of my favourite cafes with my support team, or attending one of the local clubs with my newfound friends! I especially love going to music makers on a Monday, where I sing and dance with my friends, to my heart's content!

My family are also really important to me, and my team support me to keep in contact with them and ensure that I don't forget to send any birthday cards throughout the year. They live in Callander, which is only a half hour drive away, and I'm really looking forward to having the opportunity to visit them soon!

My life has changed massively since moving into my own home. I've grown in confidence, learnt new skills, made new friends and I feel so much happier. My team have really taken the time to get to know me and share so many hobbies and interests with me. This has enabled them to provide me with the best possible support so that I can truly live my best life possible.



Testimonials

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“Corrine has come on leaps and bounds since moving into her own home. With the right care and support Corrine has been able to show us just exactly what she is capable of, be that in the kitchen, doing arts and crafts or making music!”

Ross, Advanced Support Worker

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“Corrine has come on greatly since the day I picked her up from Lochview hospital 5 months ago, she makes me smile every single day I’m with her. Her speech has improved immensely - we have learnt that Corrine loves story time with her support team, which has really helped.”

Laura, Support Worker

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“I worked with Corrine throughout her transition from Loch View. When she started visiting her own tenancy she flourished, spending time with us, focusing on various activities, and enjoying her own space and the freedom this allowed her. Corrine surprises us daily with her humour and the new things she enjoys doing, it’s a pleasure to support her.”

Sarah, Advanced Support Worker

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“Since Corrine has moved into her own home, we can see just how happy she is. She loves choosing her own clothes, especially dresses. It’s great to see her picking her own style.

Corrine has an infectious smile, and this is something we can see more often and we can’t help but smile back!”

Mandy, Support Worker

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“I feel extremely lucky to have been a part of Corrine’s transition to her new home. She has grown considerably throughout this time and seeing her get excited for her first Christmas here was truly heartwarming. It has been fantastic to watch as Corrine builds relationships with her support team and people in the local community - her energy never fails to brighten up your day! I look forward to seeing what the future holds for Corrine. I know with the amazing support around her, she will achieve everything she wishes for and more.”

Sharon, Service Leader

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“With such a big change to Corrine’s circumstances and the fact that she had been at Loch View for over 20 years, I did have real concerns about the move, but have been pleasantly surprised in how quickly Corrine has settled in and how happy and relaxed she clearly is.”

Stuart, Corrine’s Brother