**Case Study - CH, 346**

**Headline:** Gaining Independence with Medication

**Introduction:** CH is a 31 year old woman living in supported living with support from Phoenix Support in Maidstone. She struggles with complex mental health problems and has been living under Phoenix for just over three years. She takes regular medication three times a day and has struggled in the past to remember to take her medication.

**Success Highlights**: CH has gradually reached a point where she is able to remember to take her midday and night medication independently and without prompt.

**The Issue:** When CH moved in to 346 she needed to be prompted to take her medication three times a day. Therefore, she felt as though she was lacking the independence that she wanted. This also limited her ability to socialise or go out as she had to be home when staff would visit to prompt her. CH was quite anxious about trying to take her medication independently, because forgetting to take them had been a big issue in the past and had lead to many hospital admissions. One of her medications is Clozapine and forgetting more than two doses in a row is very dangerous.

**The Approach:** It was made clear from the start that attempting to self administer would be attempted when CH felt ready to try. Initially, it was decided that the midday medication would be the best prompt to start with. CH began taking this medication herself with the help of an alarm and staff would regularly check her dosset trays to ensure she hadn’t forgotten any. After several months, when CH felt ready again, she began attempting to take her night medication independently, and initially for a few weeks, staff would prompt every other day.

Staff continued to check her trays to ensure that she wasn’t forgetting them.

**Project Results:** CH is now a lot more independent with her medication, she currently has a prompt in the mornings due to drowsiness and sedation from her night medication which makes it very difficult for her to wake up and remember to take them. However, CH is now fully independent with her midday and night time medications and doesn’t miss doses. This has been achieved over the last year.

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