



Michael's Story - Flint Green House

*** Some names have been changed to protect privacy.**

In 2020, I was admitted to a secure mental health hospital, at which point I became separated from my friends and family. In 2021, the hospital team spoke to me about residential care. I hadn't stayed in a care home before, but I was keen to leave hospital, so I was excited at the prospect of living in a care environment.

I was met by two members of staff from Flint Green House, in Acocks Green. They showed me round their large care home, and we looked at different bedrooms that would be available to me. They guided me through the assessment process and explained what support I would receive during my 18 month stay.

The assessment went well and I was informed that I had been offered a place and my mental health team was informed.



Initially I came to Flint Green for day visits. I was introduced to all the staff team and all the other residents, some of whom I knew from the hospital. I chose a bedroom which was furnished and was delighted that this was made up and ready for me on arrival, with new bedding, new towels and a welcome pack.

I formally moved into Flint Green House after three weeks of day visits and then two weeks of staying overnight.

On my first day, staff completed a weekly planner with me and supported me to make my first meal. I was responsible for cleaning the kitchen after use and cleaning my bedroom, tasks I hadn't been responsible for in while.

The staff at Flint Green House, were so supportive throughout my stay. I was able to obtain my provisional driving licence. I went on to pass my theory test and practical driving test and with support from my dad, I purchased a car.

Birmingham Mind also supported me to go to college to complete my CSCS Card (Construction Skills Certification Scheme), so that I could find work when I left Flint Green House.

Towards the end of my 18 month stay, my keyworker, helped me to register for Social Housing with Birmingham City Council. It took several months, but I finally got offered a property near to my family.

I have been living independently since 2023 and everything is going really well. I have spoken with the staff at Flint Green House several times since I've moved out and I know that they are there for support if I need them.

Birmingham Mind has two care homes in the city, you can find out more about our residential care services [here](#)

[Residential Care - Birmingham Mind](#)

