



Gregory's Story - Intensive Community Rehabilitation Team

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

I was previously a patient at Ardenleigh Hospital. I was admitted due to my severe hoarding behaviour and inability to maintain a tidy living space, which was told to be a health and safety risk. I struggle to build trust with healthcare services and doctors, which can be a barrier for me when I need to receive treatment and support.

I was referred to the Birmingham Mind Intensive Community Rehabilitation Team (ICRT). They worked with me at my pace to build up my trust with them. The overall goal was for me to get back home to my flat and I needed help to clear it out. The Intensive Community Rehabilitation Team ensured they were transparent in all their communication and I was able to be involved in the decision-making process.



The team created a step-by-step plan to declutter my flat. Small, manageable goals were set, such as clearing one room at a time or sorting specific items. Regular visits and check-ins ensured that I felt supported and not overwhelmed by the process.

The team also supported me with my debts. I had become extremely anxious about my financial situation and they provided guidance and assistance to help manage my finances.

Lloyd Parihwa – ICRT Service Manager, Birmingham Mind

Whilst supporting Gregory, the team faced challenges in explaining to him that his behaviours might be linked to autism rather than solely mental health issues. To address this, we introduced the Autism-Spectrum Quotient (AQ50) assessment. This provided clear, supportive explanations to help Gregory understand the process and purpose of the assessment.

Gregory began the AQ50 assessment, marking an important step towards a more accurate understanding of his condition.

Gregory's trust in services has improved and he has a good rapport with the Intensive Community Rehabilitation Team. He engages more openly with the team and participates actively in his care plan. His flat is now much tidier, and he continues to work on maintaining a clutter-free environment.



Sorting out his debts has been a major achievement, contributing to a reduction in his anxiety levels.

Gregory's journey from Ardenleigh Hospital to his flat exemplifies the importance of personalised, patient-centred care. The consistent support he has received from the team and the tailored interventions have helped Gregory make significant improvements in his living conditions, financial management, and trust in healthcare services.

Despite not succeeding in every challenge, the small steps Gregory has taken have collectively contributed to a noticeable improvement in his mental health. His ongoing progress with the AQ50 assessment promises further insights and support, highlighting the potential for continued growth and independence.