

Meet Janet

Residential care in Essex



Janet's history

Janet was referred to Achieve together six years ago after experiencing significant difficulties in previous placements that were unable to meet her complex emotional, behavioural, and mental health needs. Prior to moving in, she had struggled to settle in a home due to rapidly changing behaviours, communication challenges, and periods of high distress.

First steps

An enhanced level of 1:1 support was put in place to allow the team time to learn Janet's individual communication style, emotional needs, and triggers, and to respond consistently during periods of heightened anxiety or distress. From the outset, our approach focused on patience, consistency, and building trust. Janet's support needs changed quickly, and our experienced team used initiative and quick thinking to adapt support in the moment. Working closely with local mental health professionals, we ensured her care remained responsive and co-ordinated.

A key part of the early work was meaningful involvement in her own support planning. Janet was supported to take part in discussions around her care plans and documents in a way that felt accessible to her, ensuring her voice was central. Through this process, Janet's likes, dislikes, goals, and aspirations became much clearer, including her desire for independence, purpose, and community involvement.

Ongoing support

Over time, Janet has settled successfully and feels secure. Her mental health nurse has since shared that this is the only home where she has been able to truly settle and feel happy, highlighting the importance of the environment, team approach, and strong therapeutic relationships in place.

One of Janet's long term goals was to feel useful and have a role within the community, which led to her successfully gaining a voluntary role at a local charity shop. This achievement has had a positive impact on her confidence, sense of identity, and overall wellbeing, and continues to be supported as part of her ongoing person-centred plan.

Current support focuses on maintaining emotional stability, sustaining the positive health changes she has achieved, and supporting her to continue working towards further personal goals at a pace that suits her needs and wellbeing.



Janet's progress

A key personal goal has been improving her health and wellbeing, which included being supported to reduce and ultimately stop smoking. This was achieved through a gradual supported transition to vaping, with approaches adapted when challenges arose, and Janet has now been smoke-free for over a year after decades of heavy smoking.

Janet has moved from repeated placement difficulties to a settled, confident life where she is active in her community and involved in her own decisions.

Looking to the future

Janet would love to have a weekend visit to London and stay in a posh hotel, visit her sister in the area and do some shopping with the money she has managed to save through budgeting and support. She would also like to purchase a mobility scooter and quit vaping, which she knows will be hard, but knows is possible with the skills she learnt when she gave up smoking.

Janet's thoughts

"I'm really proud to live here and I want to stay here forever with my friends."

Samantha's thoughts

"We are incredibly proud of how far Janet has come and the determination she has shown throughout her journey. Seeing her grow in confidence, independence and wellbeing has been a real privilege."

- Home Manager



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Our values:

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