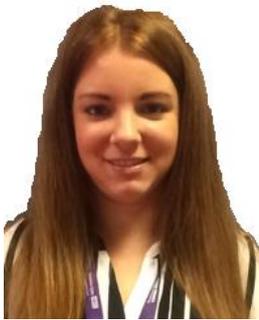


# A DAY IN THE LIFE

#workingtogetherPCFT

## Learning Disability Care Co-ordinator



**Name:** Rachel Gooding

**Position:** Care Co-ordinator

**Location:** Heywood, Middleton and Rochdale Community Learning Disability (LD) Team

**Time in post:** Ten months

### What does your role involve?

I support patients with a dual diagnosis of a mental health illness and a learning disability. I primarily work with patients who have been admitted and detained within an inpatient mental health hospital and require aftercare treatment under the care programme approach (CPA) process.

As part of this I monitor and complete health care assessments and review these accordingly to meet their physical health needs. This includes monitoring antipsychotic side effects to medications. I also provide coping strategies and person-centred tools to support self-care.

Every patient on my case load receives a minimum of four to six weekly visits. During these I review their mental health needs, any issues they're experiencing, their progress and any concerns they have. I act upon these and liaise with the relevant people as needed. I always ensure the patient's needs are the forefront of their care.

I am currently working to develop the care co-ordination role, introducing crisis plans which are person-centred and accessible for patients, along with easy ready care programme approach to support within the patient's own review meetings.

We are also developing plans across the service as part of the Department of Health plans for a Greenlight toolkit. This will ensure that mental health hospital and community teams have access to learning disability input and support.

### **Why did you choose this role?**

I chose this role because I have a strong interest in working with people who have a learning disability and a mental health diagnosis. I previously worked in a hospital environment, but wanted to develop my career and skills working with people within a community setting.

### **What is the most rewarding aspect of your job?**

Having a good working relationship with patients and those who are involved in their care, and seeing people change and improve. No matter how small or big the change is, it is priceless to see.

### **What's the hardest thing?**

It's important that health and social care professionals work closely together to make sure the patient's care is high quality and joined up. I sometimes find that this can be challenging, particularly with large staff teams.

### **What people can expect from the service?**

We use our experience and knowledge to provide excellent care that meets the needs of people who have a learning disability and a mental health diagnosis.

We will build a unique package of support around these needs, with the aim of enabling their recovery and preventing an avoidable hospital admission.

### **What did you want to be when you were younger?**

I have a brother who has a learning disability and a mental health diagnosis. This has always inspired me to work with people who are vulnerable and need extra support.

### **How do you unwind after a tough day?**

I allow myself space to gather my thoughts. This is usually done on my drive home to pick up my daughter, with no music on. I ensure I leave work within work and enjoy time with family, as this can help you unwind.