

Arlene's story



Arlene has a Huntington's disease diagnosis and has lived at our Fairburn Mews home in Castleford for three years. With the support of the fantastic Care Team, she has tackled the challenges that her condition has brought so that she can continue to do the things that she loves.

Before moving into the Exemplar Health Care home, Arlene lived in her own flat and was supported by carers. As her condition progressed, this placement broke down and that's when Arlene got in touch with Fairburn Mews. Naturally, Arlene was reluctant about making the move from her own place to a nursing home, but with the kindness and support of our colleagues, she now feels right at home and is enjoying living a fulfilling life.

Arlene used to work as a Rape Crisis Counsellor with vulnerable women and uses her experience to get involved in lots of aspects of the home. She's an Infection Prevention and Control Champion for the home and attends networks, events and forums run by the local authority, and delivers training to our colleagues. She's also involved in the activities programme at Fairburn Mews – and even has her own Activities Team t-shirt.

Arlene has an active social life outside of the home. She's a keen music fan and regularly attends concerts with our support staff, as well as holding record sessions in the home, and runs regular fundraising events for The Donkey Sanctuary - a charity close to her heart.

Getting involved in the home and maintaining an active social life has helped Arlene to adapt to the changes that Huntington's disease has brought to her life. She says: "Life is different now but I can still do the things that I want to do. I'm happy at Fairburn Mews - I'm settled and it feels like home - the staff are brilliant."

And Arlene's Mum, Eileen, can see the difference that having a supportive environment has had: "Before Arlene came to Fairburn Mews she was emotionally distressed - but Arlene is in a much better place now. The staff at Fairburn Mews are very supportive to Arlene and myself, and have gone above their duty - they are amazing."

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About Exemplar Health Care

Exemplar Health Care is a leading provider of specialist nursing care for adults living with a range of complex and high acuity needs.

Our community-based homes provide person-centred care and rehabilitation that focuses on maximising independence, building everyday living skills and empowering people to live as fulfilled lives as possible.



We have over 30 homes across England, that support adults living with a range of complex and high acuity needs, arising from:

- neuro-disability
- brain injury
- spinal injury
- stroke
- mental health
- physical disability
- learning disability and autism
- complex dementia.

Our homes support people on their journey from being in hospital or living in a secure setting to community-based living, as well as offering longer term support for people living with degenerative or life-limiting illnesses.

Make an enquiry

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