

## Meet Sarah at Ribble View

Hello, I'm Sarah and I have been living at Ribble View since 30 September 2020 and have settled into life here brilliantly.

### **"Ribble View suits me so much better"**

Before coming here, I lived in another care home and following that I was in supported living, which wasn't for me. I am originally from Warrington and found it hard relocating, however the environment at Ribble View suits me so much better.

I get involved in a lot of things. There is so much to do, we do arts and crafts and have a sensory room. I also lead the exercise classes. I love having my nails done and pampering - the girly things are so important. We have two Health Care Assistants who are ex-hairdressers, so we have been able to have our hair done!

I am in a wheelchair and I was excited as I have managed to lift myself up out of the chair and clapped my hands.

### **"This role gives me purpose"**

I wanted to become a Service User Ambassador as this role gives me a purpose. I help plan our four weekly activity plans and I have done some interviewing for new colleagues.

Helping to plan things gives my life meaning and the staff come to me to show people around. I have also made friends with another service user and I am a befriender and peer buddy.

I love doing these things as it makes me feel good and I understand how they feel having been in the same position myself.



### **"The little things are the big things"**

For any person coming to live in a care home, I would say that I know how they feel and about the anxiety they feel. However, once you settle in, it becomes normal life and it's not as hard as you first anticipate.

You still get to go out and it is not a hospital - people think that when they first come into a home.

There is a big difference between an old people's home and an Exemplar Health Care home. It is so nice and you meet and make new friends.

Obviously it is not the same as being in your own home, but it is the nearest we can get to that.

The bonus for me about living here is that I am getting the support that I need with my mental health needs and my physical health needs which I wasn't getting at home in the community, even though the Mental Health Team and Social Workers were coming out.

Here I am looked after but I am also looking after myself and not being made to feel that I am in hospital.

Previously I was terrible at keeping appointments but I now have the support to go to my appointments and someone to come with me. I wish I had made more of an effort before, but the positive thing is I do now.