

Sue's story



Sue lives at Exemplar Health Care's Eastlands home in Nottinghamshire. With the support of the Care Team at the home, she lives a fulfilling life, despite her physical and mental health conditions which have prevented her living safely, confidently and independently in the community.

Sue moved to Eastlands following a severe fall at home, which left her without help for three days, and resulted in her feeling traumatised, more vulnerable and not able to cope. The nurse-led team at Eastlands supports Sue to manage her physical and mental health conditions, which include Bipolar and personality disorder, diabetes, arthritis of the knees and polyneuropathy, and live as fulfilled life as possible.

Our team of specialist professionals means that Sue can access holistic care with her wellbeing, social and medical needs, in a community-based home. And since moving into Eastlands, her quality of life has improved.

Our Physiotherapy Team has worked with Sue to build her mobility through an individualised exercise programme, and our Life Skills Team supports Sue to do activities that are meaningful to her, both inside and outside of the home. She has grown into a big character in the home, often getting involved in group activities and fundraising events, and particularly loves visits from the mobile zoo who bring her favourite animal (an owl) to the home.

Sue also enjoys shopping and eating out in the local community, as well as regular holiday's to the Isle of Wight (where she hopes to return when she achieves independence), which the home's high staffing levels enables her to do.

Sue is the home's Service User Ambassador which involves being a collective voice for the home at meetings with Exemplar Health Care's Board – she loves this role and says that it adds to her sense of purpose and belonging.

Since moving to Eastlands, Sue's independent living skills have increased – she is now confident doing everyday living activities such as making her bed, doing laundry, getting washed and dressed, making simple food and drink, and washing up after meals. This is a great achievement, and we hope to continue working with her to help her to achieve her goal of living independently.

"I feel happy and safe here. Eastlands is my home and the staff are my family. There's nowhere like Eastlands!"



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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