JOHNNY

Aged 40 years

Placed in an Asylum Hospital aged 13 years

Transferred to Residential Care in the Community aged 27 years

Diagnosis of Down's Syndrome

JOHNNY

Johnny is a 40- year-old man with Down's syndrome. He had lived with his parents until he was 13 years old and was then moved to a large asylum hospital for children and adults with learning disabilities and/or mental illness. Not surprisingly, Johnny had difficulty adjusting to this environment and was exposed to physical and probable sexual abuse because he shared a ward with men who had a history of mental illness and violence. When the hospital was closed down, moved into community care at the age of 27, with 5 other men and since that time, has remained at his current address. Although he prefers and enjoys the company of female staff, he often becomes anxious and agitated. Johnny's parents visit every third week.

REASONS FOR REFERRAL BY CARERS

- The client's obsessive behaviours - flicking fingers infront of his eyes and rocking to and fro in front of the television.
- Care staff felt that he was missing out on life
- He had no experience of the outside world
- He was shut away in his own world
- Care staff want to give him more choice and control in his life.
- However, they were unsure how to do this.

MEDICATION

- Medication for constipation (this is a sign of holding onto to emotion)
- Medication for violent behaviour was administered when deemed necessary.

PRESENTING PROBLEMS

- Obsessive behaviour, flicking fingers in front of his eyes
- Rocking when agitated to self soothe

- Preferred to sit cross legged on the floor or in an arm chair.
- Sits in front of the television, in too close proximity.
- Repeats learnt negative phrases that have been said to him in the past i.e. 'shut up', 'don't do it'.
- Some incomprehensible babble which is muttered
- Poor eye contact i.e. client avoids looking at the face and into the eyes of others
- Perceived by others as having limited understanding
- Responds passively to others' demands
- Reluctant to go out
- Unwilling to relate to others
- Tendency to be overlooked because he sits quietly in front of the television, and is perceived as 'no trouble'.
- No noticeable changes over the past three years.

THERAPY

- Energy field alignment: Alignment of the subtle energy field (electromagnetic field) forges a connection with higher intuitive pathways beyond the cognitive faculties. Regular practice rebalances the physical body, stabilises the emotions and takes anxiety from the mind. It is a principle of holistic healing that energy follows thought, therefore where we place our attention is key; the Emerald Alignment is a method which focuses upon a specific wavelength of colour visible to the human eye. (See handbook for healthcare professionals– A Radical Approach – Working with adults with learning disabilities http://www.livingmemoryresearch.net/resources/A-Radical-Approach-Working-with-Adults-with-Learning-Disabilities.pdf)
- Staff were offered training in energy field alignment for their personal use to calm their emotions and clear their mind at the

beginning of their work shift, in order to stabilise their responses to those in their care.

- Client received an energy field alignment on weekly visits to the his residential home.

- He responded positively to the therapist's arrival and took her hand and walked her through to the sitting room.

- It was noted that the client appreciated movement and colour and it was decided to offer this in a positive way.

- This would provide an alternative to watching television.

SUGGESTIONS TO IMPROVE QUALITY OF LIFE

To deter from watching too much television because this will increase client's agitation. The flickering screen will have a negative effect on the client's vision and perception

To replace obsessive finger twiddling in front of the television:

- Optic fibre light for client's room –this will allow him to experience the slow moving coloured optic fibres.

- To use a projector to project slow moving lights/water/ sky onto his bedroom wall. It's important that the movement is slow and peaceful.

- Music to play in his own room while his energy field is aligned i.e. Mozart's slow movements (Evidence demonstrates that the higher frequency notes of Mozart's music opens the mind to receive stimuli from the environment). Sounds of nature, birds, animals (the natural world) aid relaxation

- Fur fabric to touch and hold – a texture that offers comfort .

- Attach coloured strips of tissue paper to sticks or use ribbon in the colours of the rainbow for the client to hold and wave to replace finger twiddling.

- Place an array of coloured ribbon in rainbow colours and ribbons of gold and silver in the client's hands for him to look at.

- Notice the client's favourite colour.

- Encourage communication while the client is involved in these activities.

- To encourage outside visits when client is ready.

CHANGES NOTED

- Improved environmental awareness.

- Improved eye contact.

- Client now holds gaze.

- Spontaneously helps his carers with tasks: Brings cups and the biscuit tin at break time.

- Care staff now make these items more accessible for him.

- When asked to do so, client willingly brings his own washing from his bedroom to the washing machine

- More mischievous – did not have the confidence to show this aspect of his personality before.

- Walking and balance have improved.

- Improved mobility

- Client is now receiving praise and encouragement for his efforts.

- Client has stopped repeating remembered negative communication e.g. 'don't do it' and 'shut up'.

- He is more vocal and babbles more.

- He noticeably laughs and smiles and is generally happier

- He enjoys spending time in his room listening to music and watching his fibre light and the moving colours projected on to his wall.

- There has been a big change in his lifestyle: He is no longer resistant to going out and is therefore having more experiences in which to engage and interact.

- He is noticeably more confident

CONCLUSION

- A new Care Plan is created. This is the client's first new Care Plan for 3 years.

- Care staff are enthusiastic about the therapy programme and have received training in energy field alignment and the use of music in healing. This will enable them to benefit other residents in their care.

- Energy field alignment is incorporated into client'sCare Plan