

Ryan's ^{*}Journey

Outwood, West Yorkshire

Specialist residential service for adults with learning disabilities and complex needs



Ryan's history

Ryan moved to Outwood in 2023 after spending two years at a specialist residential college. Before that, he lived at home with his mum. Transitioning to independent living was a challenge for Ryan, especially as he struggled with accessing the community due to sensory overwhelm. His diet was very limited, with little variety, and he found it difficult to engage in new activities outside of a small range of interests.

Living with others also presented challenges. At the residential college, he shared a home with 10 other people and attended classes with over 70 students. While there, he worked hard to develop skills to live alongside others and prepare for a more independent life. With the help of his social worker, Ryan started the search for his forever home and found Outwood.

When Ryan came to us

Ryan's transition to Outwood was carefully planned to ensure it was as smooth and supportive as possible. The team worked closely with staff at the residential college, taking the time to get to know Ryan through his familiar carers.

Ryan was introduced to Outwood gradually, beginning with visits for tea and an overnight stay before officially moving in summer 2023.

To provide continuity, Ryan continued as a day student at his college for another academic year while settling into life at Outwood. The team focused on building trust and communication to help Ryan feel safe and supported in his new environment. This foundation has allowed him to thrive.

Ryan's care

At Outwood, the team has worked closely with Ryan to help him grow in confidence and broaden his horizons. Through tailored support, he has expanded his food choices, trying new items like bananas, apples, sweet potato fries, chicken hotpot, and crepes - foods he would never have considered before. Ryan now approaches trying new foods with curiosity and a willingness to explore.

The team also addressed specific challenges, such as Ryan's sensitivity to sudden noises, which used to upset him greatly. By helping him understand these natural behaviors, they've reduced the impact on him. While it's still a sensitive issue, Ryan is now much better at managing his reactions.

Ryan has also embraced skill-building and creative pursuits. He attends a bakery workshop, earning the title of "Star Baker" this year, and regularly shares his delicious creations with others. He also participates in gardening workshops, working hard every week.

Outwood's team has encouraged Ryan's independence and community engagement. He now enjoys planning trips, visiting CEX and charity shops in different towns, and trying new experiences. He has been on a seaside trip, regularly meets his mum for lunch, and is even planning his first holiday - a huge milestone in his journey.



For more information or to make a referral to **Outwood**, please contact your **regional Business Relationship Manager** or email: sc.referrals@cygnethealth.co.uk

Ryan today

Today, Ryan is thriving at Outwood. He continues to expand his interests and skills, both at home and in the community. He has recently decided to redecorate his bedroom and is excitedly planning his shopping trip to IKEA with support from the team.

His growing confidence and independence are evident in every aspect of his life. From winning awards at the bakery workshop to exploring new foods and planning holidays, Ryan is embracing new challenges and experiences.

The careful, person-centered approach at Outwood has empowered Ryan to build a life filled with achievement, joy, and possibility, and his journey is an inspiring example of what can be accomplished with the right support.



What does Ryan enjoy about Outwood?



“Bird seeding and watering the plants.”



“Helping the bedroom decorating.”

What has Ryan learnt since living at Outwood?



“Trying new foods and many more.”

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*Name has been changed to protect his identity.

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