

Care Plan

Details

Title	Miss
Surname	Wintringham
Forename	Keeleigh
Preferred Name	
Sex	FEMALE
Marital Status	

Dates

Actual DOB	21-Apr-2002
Age	23 years
NHS Number	6447019142
NI Number	

Key Identifiers

Person ID	690196
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NHS Number

NHS Number	644 701 9142
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Address

Primary Address <i>from 02-Feb-2026</i>	No Fixed Abode
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Current Address <i>from 02-Feb-2026</i>	25 Longford Street Middlesbrough TS1 4RP
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Temporary	<input checked="" type="checkbox"/>
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Contact Methods

Mobile	07488275892
Care Placement	The Courtyard Care Home (Care Provider) - 01642 819111
Email	Katie Lloyd (Associate Nurse Consultant) - 01642 579200 / katie.lloyd1@nhs.net
Nearest Relative	Sue Witherington (Mother) - 07368809956 *open* lunch break 1-1:45 off Wednesdays

Accommodation Details	
Type	Care Home (Without Nursing On Premises)
Other	
Floor	
Tenure	
Lives Alone	No
Household Composition	Residential care
GP Details	
General Practitioner	Dr Bannar-Martin
Telephone	01642 746800
Address	Coulby Medical Practice Cropton Way Coulby Newham Middlesbrough T8 0TL
Legal	
Legal Representation	
Legal Status	Section 2 Adm. For Assessment (20-Mar-2025) Section 117 Statutory Aftercare (21-Apr-2020)
CPA	
Advocacy	
Advocacy Support	
Service User Groups	Physical Disability/Frailty/Sensory Impairment (Primary)
Long-Term Support Reason	Mental Health Support (Primary)
Short-Term Support Reason	Not recorded
Eligibility	
Learning Disability	
Mental Capacity	
Consideration of mental capacity not specified	
Identity	
Religion	
Ethnicity	White: English, Welsh, Scottish, Northern Irish or British
Nationality	
Language	
Current Employment	

Factors & Risks**Special Factors**

Category: CHC Joint Funded - CHC Joint Funded (Since 15-Jul-2024)

Risks to the Service User

Risk Type	Risk Level	Target / Description of Work	Handled By / Management Plan	Start Date	Review Date	Reported by / Additional Information
Risk of Self-neglect (see details)	Medium	Keeleigh does self neglect and would be unable to live independently currently as a result.		01-Oct-2021	29-Mar-2023	
Risk of Non-engagement / Non-compliance (see details)	Medium	Keeleigh currently engaged with her CPN as well as staff at The Courtyard. In the past her engagement with services has fluctuated.		21-Apr-2021	29-Mar-2023	

Risks from the Service User

None

Other Risks

None

Allergies

None

Health Conditions

None

Care Plan Start Date**Start Date**

Effective From 13-Feb-2026

Key Contacts & People Involved

Professional Relationships:

Professional Involvements

Role	Professional	Team	Legal Org	Job Title	Start Date	End Date	Contact Number
Key Worker	Helen Bramley	Mental Health Team	MBBC	Social Worker	16-Sep-2025		
General Practitioner	Dr Bannar-Martin				01-Nov-2021		01642 746800
Community Psychiatric Nurse	Melanie Gordon				18-Oct-2021		01642579200

Family & Other Relationships

Other Household Members

Attributes	Relationship	Name	Date of Birth	Sex	Ethnicity	Language	Contact Details
	Self	Keeleigh Wintringham	21-Apr-2002	FEMALE	White: English, Welsh, Scottish, Northern Irish or British		Mobile: 07488275892

Non-Household Significant Family Members and Other Related Persons

Attributes	Relationship	Name	Date of Birth	Sex	Ethnicity	Language	Address
Main Carer, Next of Kin, Emergency Contact, ...	Mother	Sue Witherington	09-Jul-1974	FEMALE	White: English, Welsh, Scottish, Northern Irish or British		41 Broadstone, Middlesbrough, TS8 9XY

The date your plan will next be reviewed:

Support Plan

Level of Support

	Long Term (Eligible)	End Of Life	Ongoing Low Level	Short Term (Other)	Other
Previously	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Needs/Risks	Outcomes
<div style="border: 1px solid black; padding: 2px; text-align: center;">Being Met</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">*Managing Nutrition*</div> <p>Keeleigh has rigid beliefs around her food. She has issues around what foods go together and what is the correct portion size. She finds it difficult to make a meal choice independently. In the past Keeleigh has restricted her eating to a greater extent which is felt is due to demonstrating her level of distress to others.</p> <p>Keeleigh struggles to prepare her own meals partly due to motivation and partly due to difficulty with sequencing causing anxiety due to decisions that would have to be made. Keeleigh has had paranoid thoughts about being poisoned even by family if any food stuffs are out of date and this can cause her anxiety levels to increase and much distress.</p> <p>Keeleigh rarely eats any of the purchased food and she refused to allow her mother to dispose of any of the food that had been removed from the fridge. This food ultimately mounted up, went off and rotted. the kitchen was an environmental hazard, fruit flies and maggot's were everywhere in the kitchen. The cost of maintaining this behaviour was also a cause for concern.</p>	<div style="border: 1px solid black; padding: 2px; text-align: center;">In Progress</div> <p>Keeleigh to have a healthy, nutritious and balanced diet that supports good physical and mental health.</p> <p>For Keeleigh to be able to prepare and cook her own meals</p> <p>Keeleigh to have a health fluid balance which supports good physical and mental health.</p>
<div style="border: 1px solid black; padding: 2px; text-align: center;">Being Met</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">Managing Nutrition *Eating and Drinking*</div> <p>In the past Keeleigh has restricted her eating to a greater extent which is felt is due to demonstrating her level of distress to others.</p>	<div style="border: 1px solid black; padding: 2px; text-align: center;">In Progress</div> <p>Keeleigh to have a healthy, nutritious and balanced diet that supports good physical and mental health.</p> <p>For Keeleigh to be able to prepare and cook her own meals</p> <p>Keeleigh to have a health fluid balance which supports good physical and mental health.</p>
<div style="border: 1px solid black; padding: 2px; text-align: center;">Being Met</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">*Maintaining Personal Hygiene*</div> <p>Keeleigh has not showered for over two years. She has had to have knots cut out of her hair as it has become matted as a result. Keeleigh has been able to shower independently in the past but has now developed fixed beliefs of how such activities should take place and feels she will only be able to do this in her own time if she is not pressured.</p> <p>She can tend to her own needs with menstruation but needs support in choosing which sanitary products to use as she finds decisions difficult.</p>	<div style="border: 1px solid black; padding: 2px; text-align: center;">In Progress</div> <p>For Keeleigh to engage in self care and take pride in her appearance, which will increase confidence and self esteem.</p>
<div style="border: 1px solid black; padding: 2px; text-align: center;">Being Met</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">*Being Appropriately Clothed*</div> <p>Keeleigh will refuse to change her clothes and in the past has said this is because people may believe she is better if she does get changed. Keeleigh has said that she does not want to be like this but feels unable to make any progress due to level of distress.</p> <p>Since being discharged from hospital Keeleigh has managed to change her trousers on one occasion after her mum left her a clean pair out. Keeleigh believes she will be able to change the rest of her clothes when she feels the time is right and she doesn't feel pressured.</p>	<div style="border: 1px solid black; padding: 2px; text-align: center;">In Progress</div> <p>For Keeleigh to engage in self care and take pride in her appearance, which will increase confidence and self esteem.</p>

Being Met

Being able to make use of the home safely

Keeleigh has never lived independently. Whilst in hospital she was on constant observations due to her thoughts of suicidal ideation, however prior to her current residential placement was able to stay in the house on her own for short periods of time while her family are out and this has been successful.

Keeleigh was also hoarding food to such an extent that the kitchen area became an environmental hazard.

In Progress

For Keeleigh to develop a better understanding of risk within her home environment and to take appropriate steps to minimise the effects of this on herself and others.

Being Met

Maintaining your Home Environment

Keeleigh has no motivation to take part in any form of domestic household chores. Her ability to undertake any form of domestic activity of daily living is impeded by her autism and ability to process tasks.

During an Occupational Therapy session (whilst an inpatient at Roseberry park), Keeleigh displayed the skills required to complete kitchen tasks such as cooking and cleaning independently, however when in the community she does not, due to OCD/hoarding and this would be a significant risk if she were to be discharged to live alone.

Keeleigh has never had to manage her own property she does not have budgeting skills. Keeleigh struggles with sequencing and changes to routine and so may require support with this in the future.

In Progress

For Keeleigh to take pride in her home environment and be supported to manage domestic activities of daily living.

Being Met

Developing And Maintaining Family Or Other Personal Relationships

Keeleigh has become obsessed with friends she has made in the past and would constantly text them (she struggles with this due to not knowing what to write, always second guessing what other people will think of what she has said, will also doubt her own accuracy of what she is saying) will start to follow them on social media and follow them on their locations and uses this information to determine how honest they are and this impacts on her relationships.

Keeleigh has a suspicious underlying nature and so relationships can be difficult as she is waiting for people to let her down.

Due to Keeleigh's rigid thinking she can compartmentalize her relationships and does not like them to cross, for example when she was an inpatient she did not like her mum to visit on the ward.

During previous assessments Keeleigh has said that she would only like one relationship at a time to focus on.

In Progress

Keeleigh to have positive, trusting and loving relationships with her family members. Keeleigh to develop an understanding of the impact that her behaviour has upon her mother and grandmother.

Being Met

Accessing And Engaging In Work, Training, Education, Or Volunteering

Keeleigh is not currently in work or education, when asked she stated she does not know whether she would like to return to education or seek employment in the future.

In Progress

Keeleigh to be supported to access appropriate opportunities to engage in Work, Training, Education, Or Volunteering.

Being Met

Making Use Of Necessary Facilities, Services or Transport In The Local Community

Keeleigh was rarely leaving her home or The Courtyard due to feelings of anxiety and feeling out of control. She has recently started leaving the premises with another resident and has been happy to leave to attend appointments with staff but does not like leaving on her own.

In Progress

Keeleigh to be supported to access appropriate Facilities Or Services In The Local Community

Being Met
Getting Out & About Including Public Transport
Keeleigh relies on others to have her transport needs met.

In Progress
Keeleigh to increase her confidence getting out and about independently.

Support

Current
<p>Provider: Dale Care Limited Cost: £90.24 Starting: 17-Feb-2026, Ending: ---- Type: Personal Assistance, Enablement and Support (Hourly) Decision: 11-Feb-2026 Main Beneficiary: Me as a Service User Important Information: Keeleigh is currently living in temporary accommodation after being evicted from The Courtyard. She is struggling with independent living and needs support with learning how to complete tasks. Care Support Tasks Required: - Help with shopping and making decision on what to buy - Help to put clothes in the washing machine as Keeleigh struggles with sequencing of tasks and how to complete them - Help maintaining room and keeping it clean - Help to open a bank account - Emotional Support Keeleigh is flexible with times and dates but would like support to start as soon as possible</p>
Total Annual Cost of Services: £4,653.81

Care Planning (Summary)

Needs/Risks	Outcomes
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Support

Health funded? This can be CHC, FNC, Joint funded, S117	Yes
Funding	S117
Please provide details	117
Client funding status	Joint Client and Social Care Funded

Please click [HERE](#) to refer to the DOH definition of Client Funding Status

Does address need to be updated?	No
Does the accommodation status need to be updated?	No

Your Personal Budget

<ul style="list-style-type: none"> • Cost of care • Contribution from the person • Who will manage the personal budget? • What will your daily support look like? 	n/a
Do you require a weekly schedule?	No
Who to contact if there is a change to your circumstances /	<u>CONTINGENCY PLAN</u>

emergency

- Name
- Contact Details
- In office hours
- Out of office hours

· Circumstance

Your care manager is unavailable

Actions to be taken:

If you are unable to contact your Social Worker please contact Mental Health Team admin and ask to speak with the Social Work Duty Worker (01642 727300).

· Circumstance:

You miss an appointment

Actions to be taken:

Please contact your Social Worker as soon as possible, or speak with the Social Work Duty Worker contactable on (01642 727300) to inform, and re-arrange another appointment.

· Circumstance:

An emergency arises

Actions to be taken:

Please contact your Social Worker or speak with the Social Work Duty Worker to inform of your situation (01642 727300), if this takes place during normal working hours (Monday – Thursday 08:30am – 5pm and Friday 8:30am – 4:30pm excluding bank holidays)

If outside of working hours, please contact the Crisis Team on Tel: 111 (option 2) or the Emergency Duty team Tel: 01642 527835.

If in a crisis situation or experiencing mental health deterioration or relapse, please self-present to the Crisis Assessment Suite (CAS) at Roseberry Park Hospital for assistance.

If there is any immediate danger and your situation requires immediate attention, (for example someone has taken or threatening an overdose or are injured), or you are unsure who to contact, please contact emergency services (999).

Where you require medical support in a non-emergency situation, please contact NHS and dial '111' for assistance.

· **The Samaritans 24 hour telephone support service**
08457 90 90 90

· **SHOUT!** - To start a conversation, text the word 'Shout' to 85258 . Trained Shout Volunteers are there to listen at any time of day or night and messages won't appear on your phone bill.

· **SANE – Mental Health helpline 0845 767 8000**
(6pm – 11pm everyday)

· **Mental Health Matters – Helpline 0800 052 7349**
(6pm to 6am everyday)

· **Self-referrals can be made to Middlesbrough and Stockton MIND by contacting the MIND Centre on 01642 257020**
(Monday to Thursday 12 noon to 5pm and Friday 12 noon to 4pm)

· **If you need a little extra support for your mental health at any time day or night, go to www.togetherall.com and register for free with your Middlesbrough postcode. It's available 24/7 and is a safe place to air your concerns, get things off your chest and connect with others that may be feeling just the way you do.**

· Tees Esk and Wear Valleys - Mental Health Crisis and Support Line (Crisis team) Tel: [111 \(option 2\)](tel:111)

· Emergency Duty Team – Social Care Out of Hours Service

Weekdays 5pm – 08:30am Weekends and Bank Holidays 24hrs a day (Middlesbrough, Stockton, Redcar & Cleveland, Hartlepool and Darlington) Tel: [01642 524552](tel:01642524552)

Signatures

Signatures

Signature of Assessor:

Helen Bramley

Signature:

Comments by service user:

Your Signature:

Keeleigh Wintringham

Signature:

Comments by carer / relative:

Carer's Signature:

Signature: