**Manchester Case Study**

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| **Name:** |  |  | **Manchester** |

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| **Please could you describe the issue the service user was experiencing and seeking advice for?** |
| * **13yo autistic young man with asthma, struggling emotionally as fearful of COVID consequences on his health. Unable to rationalise and felt going to die.** * **Mum also struggling to cope as his usual routine (which had been stabilising), had been thrown into disarray by school closure and physical distancing. YP felt unable to leave house.** |
| **Please describe the care you provided:** |
| * **Telephone conversations with mum. Signposted to host of resources re managing her own mental health e.g relaxation techniques, management of son’s anxiety etc.** * **Wider review of records, multi-agency/professional virtual assessment** * **Identified as previously unknown long-term vulnerabilities -linked to other services, including review of asthma plan.** * **SN co-ordinated and all developed multi-agency package of care** * **Weekly phone call from SN service** * **Regular input from others** |
| **Please describe the outcomes of the care provided to the service user:** |
| * **Young man now able to leave the house** * **Remains anxious but employs coping strategies to enable** * **Mum more able to cope** |
| **Could you describe the impact of your intervention:** |
| * **YP better able to cope with Coronavirus and therefore more compliant with physical distancing and regular outdoor exercise** * **Improved emotional health and well-being for both YP and Mum** * **Improved asthma** * **Mum feels confident in SN service and resulting package of care** |