

Daily Living

MHA HOUSING SUPPORT · MARCHBURN

For those people who experience severe and enduring mental ill-health, the kind of impacts described earlier in the annual report can be particularly pronounced. Thought processes may be significantly disturbed, so that every aspect of daily living becomes problematic. With this level of ill-health, the ability to concentrate, to think clearly and consistently, and to keep events in perspective may all be threatened, yet somehow during these difficult times state benefits must be claimed, rent and fuel bills have to be paid, food bought and prepared, medical and other appointments kept, clothing and accommodation cleaned. Equally, relationships with family, friends and neighbours have to be maintained and a sense of purpose has to be regained and sustained. Without effective help, life affected by schizophrenia, severe depression or bi-polar disorder can be unbearable. This causes distress for family and other carers too.

How does MHA help? We provide practical, down-to-earth help to people in their own homes, helping them to cope with all the

tasks that are essential to keeping a tenancy. Staff provide individually tailored services, currently up to ten hours per week to each person to help in this way. This housing support service has an excellent track record, evidenced by excellent recent regulatory reports and by the successes of those receiving the service.

For a minority of people with severe and enduring mental ill-health, maintaining a personal tenancy is not always possible. We therefore also provide supported group homes which offer shared living arrangements with higher levels of support and we have long provided registered residential care services for young single adults at Marchburn, Aberdeen.

Recovery, in the sense of becoming symptom free may not be achievable for everyone experiencing this level of mental ill-health, but nonetheless our work is focused on recovery – the recovery of as much control over daily life as possible and the development of an improved quality of life and health.



Staff always behave in the most professional manner to me.

I want to thank the staff for their time, care and consideration – I appreciate it!

Personally, I am very satisfied with the service I am given