



'It's nice *not* to be needed!' - Sadie's Story

Sadie has been a client of Rehab Without Walls for just over 5 years.

She sustained a traumatic brain injury at the age of 5, when she was hit by a car whilst playing outside her house, and was in ITU at Birmingham Children's hospital for several weeks.

Sadie struggled through school and through her teenage years, and as she grew up, she got involved with **'the wrong crowd'**.

RWW Senior Case Manager, **Kate Lewis**, became involved after Sadie had left school with very few qualifications. She expressed an ambition to work with animals and Kate looked at several different places for her to explore this, but fatigue and commitment was something Sadie struggled with.

She also struggled to budget, so Kate and the financial deputy created a structured weekly budget for Sadie, to help her build up those skills. Although most weeks Sadie was over her budget and calling Kate or her deputy to ask for additional money, slowly she did start to see what was a reasonable request and what might be considered 'a luxury'.

Between the ages of 18 and 20, like many young people, Sadie was out drinking and partying with friends a lot and she would call Kate at all hours for help when she was lost, drunk or (on one occasion) getting arrested. During that time, Kate needed her wits about her to ensure things were dealt quickly and efficiently and Sadie was returned home safely.

As Sadie got older, she saw her friends and peers independently going abroad and wanted to be part of that experience, so with lots of planning and support, she took her first trip to Ibiza and since then has never looked back. Motivated by this exciting goal, Sadie was able to **plan** her trip and research flights, travel and hotels.

As Sadie's level of responsibility and independence grew, the level of support and intervention she needed from Kate naturally reduced.

A little while later, Sadie went to Albania to meet up with family. She loved the area and the people and even found love, getting married in 2019. She had always wanted to be a mother and in July 2020 she gave birth to a baby girl.

Sadie's ambition was to be a 'normal' adult and have what other adults have, a home, a husband and children. In August 2020 this was achieved as, with the help of her deputy, she purchased a home and was assessed to be able to manage her finances.

Sadie is now learning how to budget for her household bills, learning to be independent with her daughter and will happily say that, ***"although she knows Kate will always be at the end of her phone, she doesn't need her."***