



Classical Expressions Case Study

Lindsey Farrell

Lindsey is 28 years old and has been with the service for 7 years. When Lindsey joined us she was withdrawn and spoke very rarely and had a limited vocabulary. She is hypersensitive to touch and occasionally to loud noises.

Until recently she didn't socially interact with the other members of the group and had no friends outside the base. She became friendly with one other service user who would include Lindsey in activities. However since taking part in the Classical Expressions project, she has become more communicative and engages with the group more, even spending time outside of the base with her friend, visiting her house for dinner on occasion.

It has always taken a long time, months often years, for Lindsey to accept strangers, allowing them to get near her and get to know her. However, her relationship with Georgina grew very quickly, with her allowing Georgina to take her hand and even a hug. This was then acceptable for Lindsey to do the same with others staff members in the project.

Taking part in Classical Expressions has built Lindsey's confidence considerably; she has learnt new skills that she has been happy to share with the group back at base and with her family. Through encouragement from Georgina, Lindsey became vocally happier and has since been referred to a speech therapist. This has led to her becoming less isolated and more interactive with base activities, making decisions and asking for things she needs.

Lindsey's family are really pleased with her increased confidence and have reported that she is sharing things with them at home for the first time. She has built a special bond with her younger brother as he has learnt the songs she has written and they sing them together with his encouragement.

All in all through this project Lindsey has built friendships, gained confidence and responds well to her peers praise and acknowledgement of her achievements.