Dependence in Health and Social Care

Dr. Adam Burley Consultant Clinical Psychologist

NHS Lothian Psychotherapy Department, Edinburgh Scotland































Dependency Case Study

- Young female living in supported accommodation.
- Dependent on carers for basic ADL's
- Splits carers.
- 'Engages' with support in a variety of, often challenging, ways.
- At times very demanding, at other times totally self reliant.
- Range of challenging behaviour in relation to eating, conduct.
- Highly, highly emotionally labile.
- Occasionally aggressive and violent.
- Evokes very strong extremes of emotion in carers.
- Called 'bonkers' by other residents.
- Very volatile relationships with friends.

Range of addictions.





Business as Usual (BAU) v Modified Housing First (MHF)











