

Headway Approved Provider Appendix

Meadows Mews, Cygnet Health Care, Tipton

Focus of Facility:

- Meadows Mews is an enhanced community residential service for men with neuropsychiatric or neurodegenerative conditions, who may have behaviours that challenge alongside additional social and complex needs.
- A robust and effective community reintegration programme is provided for those coming out of a hospital setting to ensure that they can achieve their most independent and positive lifestyle, taking full advantage of all their hard work to achieve a level of recovery that can allow them to explore living in the community.
- Meadows' team encourages the individuals to take control of their own lives and regain self-esteem by using individualised support and treatment plans, therapeutic interventions and to encourage them to participate in all aspects of daily living.

Ethos:

- Meadows Mews offers a supportive environment which engages the residents and offers them the opportunity to minimise their behaviours that challenge and maximise their independence.
- Positive behaviour goals are focused on discharge planning to support residents to maximise their independence.
- Meadows Mews supports those service users transitioning from its sister hospital service Cygnet Heathers; as well as providing a route for direct admissions for those requiring a community reintegration programme.

Costs (per week):

- Provided after a face to face clinical assessment has been completed.
- A full written report along with initial care plans and costings is delivered to the referring organisation and/or commissioning bodies.

Clientele:

- Men aged 18+ affected by a neurological condition where challenging behaviour is the leading impairment.
- They may be informal, supported through a Community Treatment Order or via direction from Court of Protection as well as subject to a community DoLS.
- They may have a forensic history.

Location:

- Meadows Mews, 45 A-E Tame Road, Tipton, West Midlands, DY4 7JA

Family Accommodation:

- Families are supported to find suitable accommodation nearby to Meadows Mews.

Family Dining Facilities:

- Families are supported to dine with their loved ones within the service and/or residents are supported to attend community based eateries with their families.

Range of Cares Provided:

- Residents at Meadows Mews will receive psychiatric, psychological, occupational therapy and support worker interventions and support, as required whilst living in the heart of the community in terraced house accommodation.
- The aim of this treatment is to complete brain injury rehabilitation in the community setting with emphasis on making the necessary specialist help available outside a hospital or more restrictive setting.

Service User Involvement:

- The person-centred approach offered at Meadows Mews puts the individual at the centre of their treatment and discharge planning. The service offers a wide range of activities and facilities to promote independent function.
- A resident lead is nominated by residents who represents the individual's views at the Peoples' council meeting and helps to chair the meeting with a dedicated member of staff.
- Residents are invited to support the home manager in interviewing all staff members, this happens regularly.
- Residents are included in monthly, quarterly, and yearly audits.
- An annual carers and resident survey gathers information about what the residents think of the care and treatment provided at Meadows Mews.
- Weekly community meetings are held in which the residents have a say on important matters to them.

Rehabilitation Schedules, Social Activities, and Activities of Daily Living:

- At Meadows Mews the service users have access to a range of therapists including Occupational Therapy, and Psychology and Psychiatry as well as daily input from experienced Support Workers.
- Service users have individualised person-centred care and treatment plans.
- Each resident has easy read plans using language that meets their communication need.
- Where required, residents have communication grab sheets which outline communication strengths and weaknesses, highlighting the best communication strategies for that individual.
- Resident goals are identified in collaboration with the residents and relevant therapists to establish areas for skill development and increasing independence and community integration.

- Individual assessments are completed to identify level of ability; residents are given the opportunity to utilise skills developed whilst they were in a hospital or more restrictive setting to increase independence including personal activities of daily living and domestic activities of daily living.
- Residents at Meadows Mews have access to their own kitchen (shared with one other person) to practice kitchen skills and prepare their own meals, carry out laundry requirements and store their shopping. Any adaptations or equipment required to support their rehabilitation or independence will be identified on an individual basis.
- As part of the development of kitchen skills they are encouraged to access the community to purchase their ingredients combining functional skills consolidation and community integration.
- Social activities and information about their local community and the activities and places of interest local to them are displayed within each 2 bedroomed accommodation.
- Voluntary work opportunities based on resident's interests are explored and local links are displayed in the houses to give individuals the opportunity to express interest in participation.

Clothing and Laundry:

- Residents are supported to carry out their own laundry on a daily/weekly basis in the kitchen within their accommodation.
- Residents are supported to purchase new clothing by accessing the community.

Mealtimes:

- Breakfast, lunch, and dinner are prepared on site in the kitchen facilities with support provided, as required, and to meet individual needs.
- Residents are able to access local places to eat in the community or access takeaway facilities if they choose to supplement their weekly menu.

Diet and Choice:

- Support is provided for each resident to plan and shop for their menus each day/week.
- There is an "eat well" guide to show residents what a balanced diet should look like.
- Staff provide nutritional, allergy and dietary information as needed.

Bedrooms:

- Meadows Mews comprises of ten bedrooms split across five self-contained apartments in a row, to create a sense of community for our residents.
- All these homes feature a rear garden with patio area, driveway for visitors, living / dining room, bathroom plus additional WC and fitted kitchens offering appliances.

Access:

- Each house is a two storey premise with bedrooms accessed on the first floor – some of which also have walk in shower facilities.
- Ground floor toilet facilities are available in each house.

GP / Medical Cover:

- Full time Responsible Clinician (Consultant Neuropsychiatrist), Specialty Doctor (Psychiatry), and access to support from the wider Interdisciplinary team is located at Cygnet Heathers (In patient Neuropsychiatric Hospital) to support all the residents at Meadows Mews.
- A local GP provides access to a wide range of primary care services and links with local primary care services to ensure residents have full access to physical health, dentist, opticians, podiatry and dieticians, speech and language and physiotherapy if required.
- Liaison with specialist medical support including diabetes and epilepsy consultants where needed.

Staff Training:

- Staff have a specific induction program which includes: ABI Awareness, Neuropsychiatric conditions and rehabilitation pathways, Dealing with concerns at work, Equality and diversity, Food safety, Infection control, Information governance, Protecting our Health and safety, Responding to emergencies, Safeguarding individuals at risk, Local fire awareness training, Basic Life support and AED, MAPA (Management of Potential and Actual Aggression), Fire Warden and Marshall training, Introduction to Physical health, MCA/DoLS in principal and practice, Mental Health Act Awareness etc.
- All staff have ABI awareness training as part of the mandatory and ongoing training packages.
- Staff complete a probation period of 6 months. They receive supervision every month within this period.
- We have a significant list of post induction training delivered to our staff.

Fire Safety and Evacuation Planning:

- All residents have their own individual evacuation plan which takes account of their specific needs.
- Specialist equipment within the service ensures that evacuation can take place safely for all service users where needed.
- All staff are trained in local fire safety practices and procedures.

Management Team:

- Meadows Mews has a Team Leader who is responsible for the day to day running of the service whose role it is to ensure all clinical records, care and treatment are

effectively managed to ensure service users' safety and high quality evidence based care is implemented.

- The Clinical Hospital Manager of Cygnet Heathers (inpatient Neuropsychiatric Hospital) supports and line manages the Meadows Mews Team Leader.
- Support from Cygnet Heathers' interdisciplinary team is provided as and when required and is integral to the review and development of specific programmes for each resident.

Service User Contact Details:

- Meadows Mews - 45 A-E Tame Road, Tipton, West Midlands, DY4 7JA
- Residents have access to their own telephones with their own contact details. For general information or to access the team contact can be made via Cygnet Heathers: Tel: 0121 796 2731

Transport:

- Community access is encouraged through public transport methods for all residents.