



# Alexandra Homes

Promoting Excellence in a Specialist Care Setting

## Statement of Purpose

## Who Will Benefit:

Our Service is for adults with Autistic Spectrum Disorders, primarily with a diagnosis of Asperger Syndrome, and other related conditions. People who use our services generally require specific approaches and understanding and high levels of support in order to help them to develop appropriate ways of dealing with their condition, and to be able to transfer acquired skills and knowledge into ways of dealing with other people and situations of everyday living. Our service provides a community based programme of activities, which are more suitable for clients who are active and able to access a greater degree of independence. Our service can cater for clients of either gender, within the age range of 18 to 60 years. We will consider older residents if they are able to actively take part in the programmes we offer, and in line with Alexandra Homes' Referral Criteria. Our service is not suitable for residents who have significant mobility difficulties or nursing needs and we do not provide personal care unless this has been appropriately assessed and agreed as part of the resident's Support Plan.

## Our Ethos:

We believe people with Autistic Spectrum Disorders have many unique and special talents. We firmly believe that with appropriate, high levels of support, guidance, supervision and encouragement, people with Autistic Spectrum Disorders can be integrated into the community to a much greater degree.

We promote resident empowerment by encouraging residents to speak out about concerning issues. This is done by encouraging residents to; attend resident's meetings, complete quarterly feedback questionnaires, attend their internal review meetings and through role-playing situations to help residents to express their views and to have a voice. We strongly believe that, in relation to the support we provide, residents should feel there is **“No decision about me without me”**.

## **Our Aims:**

Our main aim is to work with and support our residents to become active and valuable members of the community in which they live and to develop a range of skills to enable them to grow in confidence, build their self-esteem, and therefore, giving them greater independence to integrate into the local community. We aim to provide a secure, positive and friendly environment, which is flexible enough to meet the needs of the individual and the group. To achieve our aims, we provide the following:

- An individual approach and packages of intervention, based on individual assessments and on-going evaluation. Support plans, goals, ambitions and progress are discussed with residents at their Internal review meetings on a four-monthly basis. Residents are at the heart of this meeting and are consulted about how their support is provided and delivered.
- Creative opportunities for our clients to express and develop their individual identity, in accordance with their welfare, safety and protection. Health and wellbeing plans are implemented to promote the likes, dislikes, goals and ambitions of residents and suitable community-based groups, jobs and opportunities are researched by residents and Support staff for their consideration.
- We link up with a range of other agencies, such as Community Learning Disability Teams, local autism services, social and leisure groups and many other agencies to provide a wide range of support and opportunities for residents. We also invite guests such as dental nurses, fire safety officers and police officers to speak to residents and to provide them with advice and information.
- Promote staff training and development to ensure our staff teams have the appropriate skills, knowledge and understanding to deliver specialist packages of care and support.
- Support staff take a lead role in developing individual support plans and schemes of work, in a range of areas, to help residents develop their social and communication skills and to build up their confidence and self-esteem and to promote their independence.

Examples of some areas covered by the schemes of work are:

- Voluntary & Employment Opportunities
- Further Education & College Courses
- Sexuality & Relationship Advice

- Developing Hobbies & Interests
- Promoting and Maintaining Community Links
- Mindfulness & Relaxation Techniques

## **Staffing Levels & Staff Training:**

To ensure appropriate levels of support, progress and development for all residents, staffing levels will be high enough to reflect their identified needs and will be in line with the requirements of referring authorities. Staffing levels will also take account of risk assessments in relation to activities and other areas identified in individual Support Plans, to ensure safe staffing levels are maintained at all times. In normal circumstances, staffing throughout the nighttime hours (between 10:30pm and 8:00am) reduce accordingly to reflect residents normal sleeping patterns. Where the need arises, because of illness or changes to support needs, staffing levels will be reviewed and changed appropriately, which will be documented in the resident's Support Plan / Risk Assessment.

We have experienced teams of staff, who are trained to a minimum of a level 2 Diploma in Health & Social Care, and many of them will also have specialist knowledge of Asperger Syndrome. All staff are inducted, trained, supervised and appraised via a Nationally Accredited Training Centre, which is registered with City & Guilds and approved to deliver Diplomas and other qualifications in the area of Health & Social Care, under the Qualification Credit Framework.

A programme of training and continuous professional development is in place for all staff, which includes training in non-abusive psychological and physical intervention, provided by NAPPI UK, accredited through BILD (British Institute of Learning Disabilities) and relevant to the training of staff who work with people with Autism. In addition, we also provide staff with training on a range of other areas including Mental Health Awareness, Safeguarding, The Mental Capacity Act and Deprivation of Liberty Safeguards, as well as many other areas. Three attached, Specialist, consultants also visit the Home monthly to provide staff support, guidance and training in their respective disciplines of, psychiatry, psychology and sexuality and relationship awareness.

## **Investor in People**

Alexandra Homes (Bristol) Ltd has been assessed by Quality South West and was awarded with the Investor in Standard in December 2008, in recognition of the continuous professional development and training of staff. This was re accredited in May 2012 and again in July 2015.

## **Consultant Psychologist, Consultant Psychiatrist and Sexuality & Relationship Consultant & Counselling:**

Alexandra Homes has contracted the services of a Consultant Psychiatrist, a Consultant Psychologist and a Sexuality & Relationship Consultant to work with the staff teams across the service, to enhance the specialist service we offer our residents. All the Consultants have specialist knowledge and significant experience of working with people with Asperger Syndrome, Learning Disabilities and Mental Health issues. In addition to providing advice, training and support to the staff, all the Consultants will have a significant role in our on-going process of reviewing and developing the quality of care and support we offer our residents.

## **Care Planning and Risk Management:**

Resident's Support Plans and Risk Assessments are very individual and based on a person-centered approach. These are undertaken by the Senior Managers and are kept under a process constant monitoring and review.

## **Therapeutic Interventions:**

Any therapeutic interventions used will be provided externally, by appropriately trained and qualified professionals and they will be used according to the assessed needs of the residents, and in accordance with their agreed care and support plan.

## **Community Engagement**

### **Life Skills, Social Activities, and Leisure Interests:**

To support and promote independence and to enable our residents to achieve their full potential we will offer, or support our resident's attendance, in relation to a range of activities and facilities, for example:

#### **Social Development / Personal Interests**

- Cinema & Theatre Trips
- Recreation Clubs / Discos
- Sports & Leisure
- Craft & Games
- Computing
- Trips Out - Bowling, etc
- Outdoor Pursuits
- Pub Trips / Eating Out
- Cultural Development
- Spiritual Participation (of client's choice)
- Personal Hobby Promotion (e.g. Football Matches)

#### **Education / Life Skills**

- Work Experience (Supervised/Unsupervised, as appropriate)
- College Links (Depending on Assessed Need)
- Independence Training – (Personal Safety, Cooking & Domestic, Health & Hygiene)
- Road Safety and Keeping Safe
- Basic Numeracy & Literacy Skills
- Understanding Right and Responsibilities
- Employment Opportunities

Alexandra Homes (Bristol) Ltd is registered as a centre with City & Guilds, to deliver a range of short courses and vocational qualifications.

## Quality Objective:

Alexandra Homes is primarily concerned with ensuring that the highest individual care and support is provided for each resident.

Residents at Alexandra Homes are assured that the following rights will be promoted:

- THE RIGHT to be fully involved in and informed about the assessment of individual needs and continuing personal care planning.
- THE RIGHT to retain personal independence and choice, including the right to make decisions and care for themselves, where appropriate.
- THE RIGHT to have personal privacy respected, including mail and personal belongings.
- THE RIGHT to have cultural, religious and emotional needs respected.
- THE RIGHT to have social and political needs accepted and respected.
- THE RIGHT to mix with other people in the community whether by going out of the Home or by inviting friends in.
- THE RIGHT to expect staff to have appropriate skills and display sensitive care in order to achieve the highest quality of life.
- THE RIGHT to choose his/her own GP practitioner, dentist and optician and the opportunity to consult with them in private.
- THE RIGHT not to be moved without consultation.
- THE RIGHT to have full information on how to gain access to the statutory complaints procedure and to be represented by a friend or advocate.
- THE RIGHT to information and consultations on decisions affecting their welfare, including daily living and to participate in any discussions on proposed changes.

## **Details of the Service Provider:**

Alexandra Homes (Bristol) Ltd is a limited company, which provides a residential care home service, specifically for adults with Autistic Spectrum Disorder, predominantly with a diagnosis of Asperger Syndrome. The service was set up in April 2004 and is registered with the Care Quality Commission, who monitor and regulate the services provided. Currently, the company owns two registered homes, Alexandra House in Knowle, Bristol and Ash View House in Kingswood, South Gloucestershire.

The site at Alexandra House also incorporates, two self-contained bungalows, which are used to promote independent living skills, for residents preparing to move on to a less supported programme in the community, whilst retaining the support and security provided from the main House.

In addition, Alexandra Homes has 8 community based Flats in Bristol, which are used to support move on placements, specifically for residents of Alexandra Homes, under a Supported Living Contract.

### **Company Address:**

Alexandra Homes (Bristol) Ltd  
250 Wells Road  
Knowle  
Bristol  
BS5 8RW

Telephone: 0117 9353599  
E-Mail: [info@alexandrahomes.co.uk](mailto:info@alexandrahomes.co.uk)  
Website: [alexandrahomes.co.uk](http://alexandrahomes.co.uk)

Ltd Company Registration Number – 05035690



## Service Locations:



**Alexandra House** is registered for 16 people. There are 14 places available in the Main House & 2 Places in the Courtyard Project (Independent Bungalows)

**Alexandra House**  
John Duggan – Registered Manager  
250 Wells Road  
Knowle  
Bristol  
BS4 2PN

Telephone: 0117 9778423  
jd@alexandrahomes.co.uk  
www.alexandrahomes.co.uk



**Ash View House** is registered for 17 people in 3 large, detached houses.

**Ash View House**  
Leigh Burleigh – Registered Manager  
30d & e Cock Road  
Kingswood  
South Gloucestershire  
BS15 9SH

Telephone: 0117 9353599  
jd@alexandrahomes.co.uk  
www.alexandrahomes.co.uk

This Statement of Purpose was written in March 2010 and it will be reviewed and updated on a regular basis. **Last Review: August 2018 (Adam Chesters & John Duggan).**