



...For High Acuity Community Residential
& Forensic Supported Living

The Chilterns has a proven track record of providing a high-calibre step-down environment to men and women, aged from 18-65, affected by learning disabilities and associated mental health issues. These individuals will have either made significant progress in more secure services or will be assessed as too challenging for more traditional residential environments.

The Chilterns is taking a leading role: specifically designed in 2010 to support the key principles that went on to become the cornerstone of what we now know as the Transforming Care Programme (TCP).

We specialise in outcomes-focused and personalised integrated care pathways, delivered in an enhanced residential service that offers community access.

As experienced providers of this traditionally 'missing tier' in the Care Pathway we will support and treat individuals utilising the skills of a team offering Nursing (Clinical Leads), Psychiatry and Psychology expertise.

The model of care is, in our view, ideally suited to meeting the holistic needs of individuals within a robust but homely support environment: one that provides each person with an optimum level of support for their rehabilitation.

The goal? To move individuals to a stage where they're ready to progress to forensic supported living, either with Optima Care and our social landlord partner, or with another provider.

Service aims

The Chilterns:

- Provides rehabilitation and continued treatment of challenging (inclusive of offending) behaviour in a social environment of peers and a physical environment, which combines homeliness with security.
- Places a high cultural emphasis on embracing social inclusion in the local community alongside the maintenance of family and other significant links.
- Maintains the right to normal life experiences balanced by skilled risk assessment and management.
- Demonstrates consistency in meeting the needs of service users with complex presentations.

Meaningful activities

Our activity programmes are tailored to needs and might include:

- A cookery school for the people we support, which includes tailored programmes according to the level of support required by individuals. A food hygiene course runs alongside this.
- A Healthy Eating Group and regular Health Walks in the local community.
- Participation in local organised sporting events, including fun runs for charity.
- Volunteering work: this varies from helping in local charity shops and gardening at a stately home, to collections for Food Banks and a partnership project with the local council to help maintain seafront gardens.
- Vocational training and opportunities for paid employment via community links.
- Life skills development: cooking, cleaning, budgeting, shopping etc.



Outcomes focus

Optima Care's Shine model of therapeutic care provides the framework for everything we do, as follows:

How we develop & deliver positive outcomes

Life Star/Health Equalities Framework/Individual treatment programmes

How we reduce & manage risk

START/HCR-20

Active management of LD and MH issues

- Psychopharmacological interventions
- Coping skills
- Psychoeducation
- Psychosocial interventions
- Relapse prevention

Risk management

- Risk assessment
- Offence focused work
- Management of challenging behaviours
- Environment management
- Collaborative working with individual
- Negotiation of advanced directives



Utilising validated outcome tools to measure individual progress

- Activities of daily living
- Vocational, educational and recreational opportunities
- Family links and support
- Community rehabilitation
- Assessment, planning and co-ordination of aftercare needs

Individual's rights & quality of life assurances

- Physical wellbeing
- Independent advocacy service
- Cultural, spiritual and ethnic sensitivity
- Links with external agencies
- Accurate and comprehensive documentation
- Service user choice involvement and empowerment

Location

The Chilterns is made up of three late Victorian buildings with immense character situated in the heart of Westgate's village community and directly opposite the beach on the North coast of Kent.

There are a number of bedrooms that provide wonderful views out to sea and an extensive enclosed garden to the rear, including an allotment.

We can offer individuals an environment that will aid the culture of rehabilitation within the service.

Our vicinity to the community provides easy access to education and vocational programmes that will support our social inclusion ethos.



TRANSFORMING CARE FORUM

The Chilterns regularly host the Kent-based Transforming Care Forum with several of our service users actively participating. The forum encourages discussions around the longer-term views and aspirations of the people we support, identifying ways to achieve goals.

Email: enquiries@optimacare.co.uk | Call: 01843 822 508 | www.optimacare.co.uk |



Optima Care Limited
The Causeway
Teddington
Middlesex
TW11 0JR

