

Optima Care believes all young people should be afforded the opportunity to make the transition towards a more independent life. We help ensure informed life choices, nurturing individual talents, interests and potential.

Our specialist services in Eastry, Kent, are responsive to the needs of 18-25 year olds and built upon a framework of strong links with schools, families and the local community.

Filling the void after school, we offer a service that is responsive to individual needs, incorporating personalised pathways and preferred modes of communication, augmenting learnt methods with new techniques tailored to requirements.

We support young people with learning disabilities and complex needs, the latter of which may be: sensory, autistic, non-verbal, and behaviour that challenges.

Our staff and services have already developed a strong reputation



as specialists in sensory autism, providing an adaptive environment with personalised bedrooms and zoning to give purpose to communal areas.

The transition journey

This begins with the development of a bespoke transition programme in partnership with the individual and their circle of support, including family, health and care professionals and also their school, where relevant. This programme may include informal visits to meet with staff and the people we support, plus overnight stays.

The planning starts well in advance of the young person leaving their current environment, with a view to achieving the best possible outcome.

Moving on focused

Following a complete refurbishment, Gate House and Eastry Villas offer a modern transitional service, which includes en-suite bedrooms that allow for personalisation, open-plan lounges, fitted kitchens and access to secure gardens. We offer:

- A service designed, built and managed by professionals with a wealth of experience in children's and adult's services;
- Continuation of Education, Health & Care (EHC) plans.
- Continuity in communication systems and tools already practiced by an individual, and support to help further develop preferred communication skills.

"It's obvious they all enjoy their jobs. You can tell it's not 'just a job', it's a commitment they hold dear"

Pam Pocock, Leaving Care Personal Adviser, Medway Local Authority, speaking about the team at Eastry

CASE STUDY

AC moved into Gate House in June 2017 and was totally dependant on the staff team to do everything for him at that stage, plus quite overweight. However, over just a 12-month period and with the support of staff, his physical health has improved considerably as have his life skills, bringing him new independence, confidence and responsibility.

Now with staff shadowing him as opposed to actively helping him, AC self-administers his medication and signs his own medical administration record. He cleans his own room, does his laundry, prepares dinner for himself and others.

AC has learnt road safety and budgeting skills and now enjoys shopping – particularly for fashion items, having developed his own identity and sense of style.

He's leaving school this summer and staff are now supporting him to choose a college placement, along with helping him secure work experience.

AC's mum commented: "His confidence and self-worth has improved since arriving at Optima Care. He is doing so well. We expect him to move into a property of his own within a year with support staff, something we never dreamed would be possible."

How we reduce & manage risk

START/HCR-20

Active management of LD and MH issues

- Psychopharmacological interventions
- Coping skills
- Psychoeducation
- Specialist behavioural interventions

Risk management

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

I can...
shine

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 coordination 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

- Life skills training and development.
- Person-centred transition programmes to help young people move on to more independent living with the ongoing support they need.

Outcomes focus

Optima Care's Shine model of therapeutic care provides the framework for everything we do. Underpinned by the young person's Education, Health and Care (EHC) plan, Shine offers bespoke capabilities and helps ensure a transition journey towards more independent living.

How we develop & deliver positive outcomes

Life Star/Health Equalities Framework/Individual treatment programmes

CONTACT US

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