



CCT **Community Enablement Team**

Now You Can 



Enablement Care

Bespoke Care to Meet Your Needs and Enhance Life Choices

www.challengect.co.uk



INTRODUCTION

CCT Community Enablement Team, Enablement Care is a 22 bed CQC registered residential care home for older people and younger adults with disabilities, aged 18 - 65. The service users live at the care home and are supported with personal care, administration of medication, eating and drinking, activities of daily living and support to access activities in house or in the community.

The care home works closely with outside agencies such as the community nurse team, G.P surgery, pharmacist, social work teams and anyone connected to the care and wellbeing of the service user.

The service has close links with families of the service users and involve them in the care and support of their relative wherever appropriate. The care service conforms with the MCA and DoLS requirements applicable to each service user and ensures that the care plans are reflective of this information and all other necessary information that is needed to provide person centred care and evidence best interest decision making. Care plans are reviewed as an ongoing process and updated when required. The care service operates on a ratio of 1:4 staffing and all detailed information is provided within the base fee.



OUR STAFF

Staff are trained to a minimum of Level 2 in Health and Social Care and access all training in house through our dedicated training team. This includes all mandatory training as well as specialist training as required to support individual needs, ie positive behaviour support, communication strategies and supporting people with learning disabilities.

Further training on health related matters such as diabetes and epilepsy can be sourced through the team attached to the service user as needed.

ACTIVITIES

In house activities are varied and happen twice a day. Craft and singing / music are popular activities. There are also groups that come to the home to join in activities such as intergenerational dance with a local nursery and a dance teacher. The children bring so much joy to the care home residents and absolutely contribute to increasing quality of life and decreasing feelings of isolation. For many older adults just being around children can also be a motivating factor in increasing movement, engaging in singing, dancing and structured conversation. It can also trigger happy memories of being with children or grandchildren.

We also have visits from a small animal sanctuary who talk about the animals and bring them for the service users to see and hold if they wish. This includes rescued wildlife.





HOLISTIC THERAPIES

We have recently introduced Holistic therapies, with a fully trained Reiki Master and Massage Therapist, who visits weekly. There is a nominal charge for service users, and staff are offered relaxation therapy during working hours to help soothe the mind, body and soul.

Kate Pickering is the visiting Holistic Therapist. The service users have benefitted from their therapies considerably. They feel calm and more relaxed. The Dementia therapy and massage allows people with Dementia to recall events from the past, with clarity of what they did on a day to day basis.



Andrew Southgate the Physiotherapist visits weekly to support service users who request the service to help with mobility and improve their muscle tone



OUTDOORS

The service is in the process of setting up a sensory garden, led by a small group of our community based service users. There are also plans to have an accessible guinea pig enclosure in the garden. There is always something happening to join in with but equally, there are quiet areas to sit and relax and meet with family and friends more privately.



TRIPS

Throughout the year there will be opportunities to go out on trips to places of interest and the service users take a direct role in deciding where to go and the plan for the day. All such trips are an additional cost to the service user but every effort is made to ensure that they are affordable and notice is given to allow for planning. Relatives and friends of the service user are also welcome to access the trips.





COMMUNITY SUPPORT

ADULTS WITH ADDITIONAL NEEDS

Supporting individuals to learn skills to maintain their home and lifestyle choices, access the community, education and work placements. Encouraging and promoting confidence and self esteem through the training of life skills that will equip the service user to lead a more independent life with a gradual reduction of support.

CHILDREN AND YOUNG PEOPLE

Working with children and young people through the short breaks scheme to experience positive social experiences whilst encouraging and role modelling skills for life. Providing respite for families through safe, nurturing and fun activity and building trust in our provision to allow for a true rest for families during our session.

Enabling young people with EHCP's to access independent living skills, education and work placements through outcome focussed sessions, specific the individual's needs.

ELDERLY

Supporting older people to stay at home and receive person centred care which is as they wish it to be. **No pressure, no rush and on time.** Friendly and caring staff provide support with a smile and humanity which are essential requirements for best practice. Support can be for personal care, meal preparation, medication, shopping, social time and companionship.

RESPIRE CARE

Enablement Care is a bespoke residential care setting that offers person centred quality care to respite service users, hospital to home or day services.

We are a community hub that looks to bring people together to enable the development of friendship through shared interests, combating loneliness and isolation. Providing a stimulating and meaningful service that promotes independence, self-motivation and self-worth through focussed activity led by imagination, aspiration and utilising the skill sets, knowledge and experience of our service user collective.

DAY SERVICE

Enablement Care Day Service is a service offered to those who live in their own homes who would benefit from meeting others in similar situations. The focus is on providing stimulation and promote well-being.

Day care service users can take advantage of having support from staff to take the opportunity to have relaxing baths/showers when they may struggle to do this at home.

Hot meals are provided at lunch time where there are further opportunities for service users to come together in the communal dining room and develop new friendships.

LIFE SKILLS PROGRAMME

Community Enablement Team and Enablement Care offer a life skills programme based on the work by Fiona Speirs, this includes PHSE and Sex and Relationship Education.

www.communityenablementteam.co.uk/shop



“Thank you so much for helping my aunt settle in and treating her like one of the family”

By SC

“We have always appreciated your loving care towards mum. She has been well fed and watered. What more could we ask, and you have ensured her complete care and cleanliness without failure...”

By JP

“Since Mum’s arrival at Enablement Care she has changed beyond recognition. She feels safe, and is enjoying the activities and being around people. Thank you.”

“I love living here, I have made loads of friends, and I am happy”

By DD

“I love sitting in the garden, I like the house and my bedroom. I am really happy here.”

By KF

“Fab service above and beyond at all times”

“They are my blue team and help me loads”

“Caring team, and will make sure all my needs are met”

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