

Improving lives together

Specialist Residential Service With Nursing for Adults with Learning Disabilities and Complex Needs

Placements
now available

Ellen Mhor is a specialist residential service with nursing, supporting up to 12 adults living with learning disabilities and complex needs, and who may have autism. The team also supports people who have behaviours that may challenge and associated mental or physical health needs. We provide specialist nursing care and support that is tailored to individual needs, promoting independence and community integration.



Mixed
gender



18+ years



12 placements



The people we support:

- > Male and female, aged 18+ years
- > Primary diagnosis of learning disability
- > May have autism
- > May have complex mental and physical health needs
- > May have behaviours that challenge
- > Can be informal on a Guardianship Order or a voluntary individual

Our service at a glance

Ellen Mhor is a large detached house with its own private garden situated in a residential area of Dundee. Everyone at Ellen Mhor has their own en-suite bedroom and they are encouraged and supported to personalise their rooms. There is a choice of three living areas that individuals can choose from, as well as a bright and airy dining room and conservatory. There is a life skills kitchen and lounge area where individuals are supported in a small group to develop and maintain independent living skills such as menu planning and preparing their own drinks, snacks and meals.

In Dundee, there are many activities for the people we support to access, including leisure centres, cinema, theatre, markets, shops and cafés. The team at Ellen Mhor aim to promote individuals' independence. They do this by working closely with them to ensure that their wishes, needs and interests are met. Ellen Mhor has regular house meetings where they discuss a wide range of topics from meal planning to arranging their social calendars.

Our experienced staff team use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

Individuals may come to Ellen Mhor for many reasons. They may be moving through their care pathway from a hospital setting or may require extra support during a difficult period in their life, or they could be on a pathway to a place of their own.

Our on-site Multidisciplinary Team (MDT):

- > Psychology
- > Occupational therapy
- > Speech and language therapy
- > Nurses (RNLD / RMN)
- > Service management
- > Activity co-ordinator
- > Support workers
- > Independent advocate

Graded all **5's** with the Care Inspectorate



Achieved the **Dignity in Care Award**



Values board in communal area to gain **feedback from those we support**



Regular visits from **therapy animals**



Supporting individuals to **grow their own vegetables** in the garden



Supporting individuals on **holidays and day trips**



Supporting individuals to take part in **'Munro-Bagging'**



Therapeutic earnings scheme, individuals can apply for paid work within the service



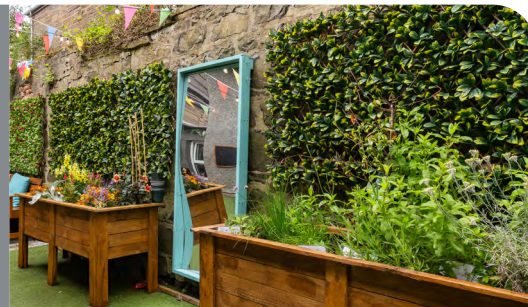
Sensory garden **created and designed by the people we support**



Consistently **100%** of individuals we support achieve over 25 hours of activities each week



Supporting **home visits** no matter the distance



Our facilities:

- > En-suite bedrooms
- > Choice of living areas
- > Bright dining room
- > Conservatory
- > Life skills kitchen
- > Activity room
- > Garden & sensory garden



Our community links:

- > Leisure centres
- > Cinema
- > Theatre
- > Markets
- > Shops
- > Cafés and restaurants
- > Museums



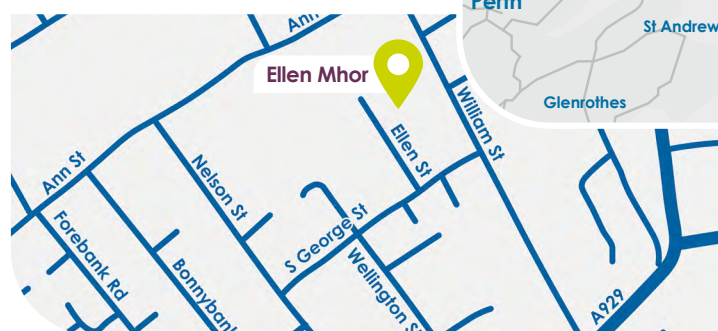
For more information or to make a referral, please contact your regional Business Relationship Manager or email: sc.referrals@cygnethealth.co.uk

- 1 Referral made to Cygnet Social Care and a desktop assessment is undertaken to review suitability for placement
- 2 If a suitable placement is identified, an assessment is arranged and undertaken by our specialist team
- 3 Feedback is provided on whether our service can meet the individual's needs
- 4 Detailed placement proposal is formulated to include care plans and funding information
- 5 Once placement is confirmed, transition plans are developed with all relevant stakeholders and admission date is agreed

Where are we?

Ellen Mhor
2-4 Ellen Street, Dundee, Angus, Scotland DD1 2QH

Phone number
01382 279086



CYG-1078 | Date of Preparation: 01/10/25

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