

# Specialist residential service for adults with autism and learning disabilities

Elston House, Nottinghamshire

Outstanding 



Elston House is an 8 bed specialist residential service for adults with autism and learning disabilities, who may also present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

Person-centred planning is at the heart of everything we do, based on each person's specific needs. We understand that consistency and continuity of care is important for the individuals we care for.



Mixed gender



18+ years



8 beds (6 beds + 2 bed apartment)

## Our resident profile:

- > Adults from the age of 18 years
- > Individuals with a diagnosis of autism and learning disability
- > May present with behaviours that challenge
- > May have communication challenges
- > May have associated complex needs
- > May be subjected to DoLS (Deprivation of Liberty Safeguards)



## Our service at a glance

Elston House has six en-suite bedrooms in the main part of the house and a two bedroom apartment, which has its own kitchen, living and dining space to promote more independent living. The main part of the house has a lounge, dining room, activity & computer room and a sensory room, as well as a spacious kitchen where individuals are encouraged to practice their daily living skills.

The home is located in the small rural village of Elston, yet Lincoln, Newark and Nottingham are not far away. Elston House has extensive grounds that cover approximately five acres which includes an enclosed garden and managed woodlands.



As part of our care pathway, we enable each individual to build upon their skills to achieve further independence, self-advocacy and confidence, leading to a better quality of life.

The team supports each individual to create person-centred activity planners and develop daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry. Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

We understand that the relationships our residents have with their family and friends are very important and integral to their wellbeing. Therefore we ensure that we enable the individual to stay in touch with loved ones and can facilitate home visits.

Rated **'Outstanding'** with the CQC



Supporting residents on holiday



Activity co-ordinator to help plan person-centred activities and trips



Easy read and other accessible information available to all residents



Team Talk Tuesday open door policy



On-site multi-disciplinary team consisting of occupational therapy, speech and language therapy, psychology and psychiatry



Extensive 5 acres of grounds including gardens, managed woodlands and tennis courts



Individualised meal planning including takeaways



'Elston Echo' quarterly newsletter produced for families



People's council meetings take place monthly



Weekly dog walking



Families are fully involved



Achieved the Dignity in Care Award



### Our community links:

- > Leisure Centres
- > Retail parks and local shops
- > Cinemas and bowling alleys
- > Restaurants, pubs and cafés
- > Good public transport links
- > Local parks
- > Theme parks
- > Horseriding



### Our facilities:

- > En-suite bedrooms
- > Lounge
- > Dining room
- > 5 acres of gardens, managed woodland, sensory garden, vegetable patches and tennis courts
- > Activities of daily living kitchen
- > Sensory room
- > 2 bed apartment



For more information or to make a referral please call 0808 164 4450 or email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)

### Our referral process:

- 1 Referral made to Cygnet referrals team via 0808 164 4450/[chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2 Assessment arranged and undertaken via our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

## Where are we?

Elston House  
Top Street, Elston, Newark,  
Nottinghamshire, NG23 5NP  
Phone number  
01636 526067



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