

*Improving lives together*

# Specialist Care Home with Nursing for Adults with Learning Disabilities and Complex Needs



New location



Thistle House is a care home with nursing for adults with learning disabilities and complex needs, including those with mental health or physical health needs. We provide specialist nursing care and support that is tailored to individual needs, promoting independence, community integration and preparing them for their own tenancies.



Mixed gender



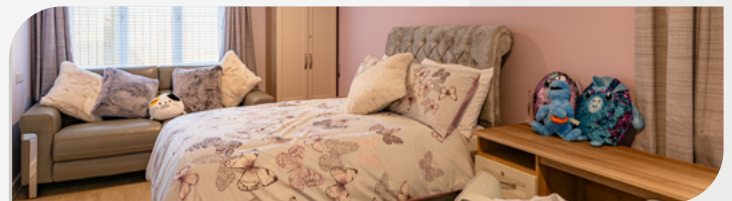
18+ years



10 beds  
(incl. 4 flats)

## Our resident profile:

- > 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



## Our service at a glance

The service supports 10 individuals in different living areas. 6 individual bedrooms with en-suite facilities and 4 self-contained flats. The individual flats will have their own front door, kitchen/dining area and private bathroom. The main house with 6 bedrooms has plenty of communal space including, a therapy kitchen, sensory room, living and dining room as well as a spacious garden. All rooms, including the flats are accessible for individuals who use a wheelchair or need specialist equipment.

Situated in the quiet and peaceful Broughty Ferry area of Dundee, Thistle House benefits from the many local amenities nearby. Just 2 miles to the east is Broughty Ferry Beach and Broughty Castle Museum, whilst 3 miles west will take you into Dundee City Centre where you will find a large range of community amenities. If you are looking for somewhere quieter, then just next door to the service is a lovely park with plenty of green open space.

Each individual that comes to Thistle House is unique in their own way, we ensure that we have a robust transition plan in place so that we can focus on the needs of that individual. The team ensures that the support provided is person-centred to each individual. Everything we do is catered around their needs, whether that be going out on an excursion, visiting their families, attending college or perhaps making their own cup of tea. Individuals will be supported to access the community while expanding on the daily living skills they have learned and will continue to develop whilst at the service.

The individuals we support at Thistle House may be stepping down from a hospital provision or they may need a more robust package of care than can be provided in their own tenancy. Each individual receives a care and support plan which is tailored to their own needs enabling them to achieve successful community living.

**In-house multi-disciplinary team (MDT)** including, psychology, psychiatry, occupational therapy, speech and language and nursing



**Newly refurbished environment** with 24 hour support



**Extensive links** with local community

Regularly helping individuals to set goals to **encourage development and independence**



**Involving family and carers** as much as possible (where appropriate)



Supporting **person-centred** trips and holidays



**Person-centred meal planning.** individuals plan, shop and cook their own meals



Supporting individuals to **enhance their skills and social circles**



Focused on **reducing restrictive practice**



**Independent advocate** attends the service regularly



**Easy read and other accessible information** available to all individuals



### Our facilities:

- > 6 en-suite bedrooms
- > 4 single person flats
- > Lounge
- > Dining room
- > Therapy kitchen
- > Sensory room
- > Spacious gardens with outdoor seating

### Our community links:

- > Countryside walks
- > Beaches
- > Supermarkets
- > Dundee city centre
- > Leisure centres
- > Broughty Castle Museum

## Our new location

**Thistle House**  
14 Fairfield Road,  
Broughty Ferry,  
Dundee,  
Scotland DD5 1PL



CYG-1049 | Date of Preparation: 31/03/25



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

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