

# Spring House

Specialist Community Based Care Home with Nursing

Spring House, Matford Road, Exeter, EX2 4PD

T: 01392 715 550

E: [info@elysiumhealthcare.co.uk](mailto:info@elysiumhealthcare.co.uk)

## Overview

Spring House provides care for those who have a learning disability and/or Autistic Spectrum Disorder and for those who may also have associated sensory, communication or physical health needs, as well as behaviours of concern/distress.

The building design provides six single person apartments or studio apartments and communal spaces which includes lounge-dining room, a smaller quiet room with a flexible sensory space, a large kitchen, laundry and private gardens. Each apartment or studio apartment has an ensuite wet room and kitchen area. The high specification accommodation can be adapted to meet individual needs and be personalised by the person living there.

The service is intended for people who require a high level of support to live within the community and aims to support people to return closer to home. Individuals who are transitioning into adult services or where a community placement is no longer viable can also be referred.

### Service at a glance:



**Care Home**  
with Nursing



**6** single person  
apartments



Service for  
**all gender** identities



**Age 18** and over



### Model of care:

The service delivers a programme focused on Positive Behavioural Support (PBS).

The specialist trained staff and PBS team consists of a Registered Manager, Positive Behavioural Practitioner, Clinical Lead Nurse Manager, Nurses, Support Workers and Facilities and administrative staff.

We provide:

- Individually tailored support plans
- Positive Behavioural Support (PBS)
- Staff trained in responding to behaviours that challenge
- Access to meaningful and stimulating activities, including vocational, voluntary and educational opportunities
- Developing independent living skills and community engagement
- Access to independent advocacy service

### Enabling individuals to reach full potential

We deliver support with dignity and respect, achieve personalised outcomes and help people to develop constructive ways of communicating through new skills and behaviours.

### The outcomes we expect to see include:

- Enhanced quality of life
- Greater choice, control and independence
- Social inclusion through active community engagement
- Reduction of risk through positive risk taking
- Supporting individuals to access mainstream health services leading to a healthy wellbeing
- Improved self-esteem and self-worth
- Successful transition into more independent living

### About Spring House

Spring House is a spacious, renovated Edwardian house set in a quiet residential area in the heart of Exeter. The service is within reach of the city centre and it's vibrant, diverse community. There is also easy access to the M5 and the A30.

Public transport and mainline train stations provide access nationally and locally, and Exeter Airport provides links internationally and regionally within the UK.



### For further information, or to discuss a potential referral:



Please dial our 24h referral line on: **0800 218 2398**



Alternatively you can email: [referrals@elysiumhealthcare.co.uk](mailto:referrals@elysiumhealthcare.co.uk) or: [elys.referrals@nhs.net](mailto:elys.referrals@nhs.net)

[elysiumhealthcare.co.uk](http://elysiumhealthcare.co.uk)

This information is available in different languages, Braille, Easy Read and BSL on request

*Images used may include other Elysium locations and are intended as a guide.*

