Elysium
Learning Disabilities and Autism

Tottle Brook House

Specialist Learning Disability & Autism Community Based Complex Care Service

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Overview

Tottle Brook House is a registered care service that forms part of Elysium's Learning Disabilities and Autism division.

Each of our complex care services embraces and balances the management of risk with comfort, homeliness, dignity, respect and choice. The services are for individuals who have a learning disability, who are autistic, and who have sensory and communication differences. The staff team specialises in working with complex needs and behaviours. The services are staffed 24 hours a day by a dedicated team that includes a Registered Manager, Deputy Manager, Nurses and Support Workers.

Our complex care services are designed for those individuals who require a high level of support to live within a community setting and may require this support long term. Our staff teams and care packages are set up to deliver individualised care. We accept referrals for individuals transitioning from hospital, children's services, or where their community placement is no longer viable.

The aim of our complex care services is to support individuals to return to their family and/or home area, and to encourage them to lead a full, valued and meaningful life for them. We strive to enable greater independence through a programme of active community engagement, developing social networks and coping strategies.

Service at a glance:

- **Complex Care** Nurse - led
- **5** Single person apartments
- Service for **all gender** identities
- **Age 18** and over

Environment

The environment at Tottle Brook House provides five bespoke single person apartments enabling individuals to live in their own space and for care and support to be delivered in a domestic environment which replicates community living more closely than a traditional group living setting. Each apartment has its own lounge/diner and bedroom with ensuite wet room. There are also communal spaces including, lounges, dining room and laundry and an enclosed shared garden.

Tottle Brook House is located in Strelley, Nottingham. The service backs onto Broxtowe Park and there are a range of local amenities including shops, leisure and primary care facilities nearby. Strelley is 15 minutes' drive from Nottingham and is close to the M1, providing good transport links with the rest of the country.

Model of care and clinical input

Our complex care services collaborate with all relevant external stakeholders, including community teams, to ensure individuals receive multidisciplinary care and support from both the community and the regional clinical team.

Our model of care includes consultation-based and low-level multidisciplinary interventions, timely responses to emerging clinical issues, all in collaboration with community teams to overcome barriers to health and wellbeing.

The aim is to compliment the NHS and Local Authority services by providing a regional clinical offer. The regional clinical team comprises of a select group of qualified professionals in psychology, speech & language therapy, occupational therapy, and dietetics, supported by Assistants.

The package we offer includes:

- Primary Nurse and Key Worker model of support
- Positive behaviour support plans and workshops
- Communication passports
- Sensory profiles
- Psycho-educational work (individual and group-based)
- Easy-read versions of core documentation
- Resource-based supports (personalised social stories, visual supports)
- Guidance on daily living skills
- Support for goal setting, meaningful activities and vocational roles
- Mobility assessments and recommendations
- Sensory screening and activity plans
- Nutrition education and dietetic assessments
- Menu planning and healthy cooking guidance
- Individual Quarterly Care Reviews (IQCRs)
- Relevant clinical training sessions
- Clinically led reflective practice sessions

More intensive and comprehensive clinical services, such as psychological therapy, speech and language therapy including dysphagia assessment and recommendations/reviews, occupational therapy including assessment and sourcing of any required equipment, and sensory integration assessment and therapy, should be sourced from the community team including any crisis support. Where this is not possible, there may be options for this to be provided on an additional commissioned basis from Elysium if agreed by all.

Psychiatry services are sourced from local NHS community teams. The aim is to work collaboratively with external community teams to meet the holistic needs of individuals, ensuring the best quality of life and progress in their care pathway.

Outcomes

- Supporting individuals to achieve their personal goals and aspirations
- Enhanced quality of life
- Greater choice, control, and independence
- Social inclusion through active community engagement
- Reduction of risk and behaviours of concern/distress
- Supporting individuals to access mainstream health services leading to a healthy wellbeing
- Improved self-esteem and self-worth

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 or: elys.referrals@nhs.net

To view our video tour, please visit **elysiumhealthcare.co.uk**

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

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