



The Cottage

Specialist Community Based Service



An Overview of The Cottage

The Cottage provides specialist services for adults with a learning disability, autistic spectrum disorder and / or complex conditions such as mental health problems, challenging behaviour, personality disorder and autism.

The service at The Cottage is designed for those individuals who require a high level of support and supervision in a community setting, often as part of a pathway when stepping down from secure or hospital care.



Specialist service for individuals with learning disability

The Cottage provides a homely and spacious environment that replicates domestic living to encourage individuals to be responsible for maintaining their own living space and to enable daily living skills. The Cottage has been designed to provide a balanced combination of both shared and private living spaces to help give a structured and safe environment to help reinforce social boundaries.

The service is staffed 24/7 by the registered manager and a dedicated team of support workers.

The Cottage forms a key part of Elysium Healthcare's pathway of specialist learning disability services in Lincolnshire which includes a treatment and rehabilitation service, Healthlinc House and community based step down services, Healthlinc Apartments and Chesterfield House. As part of the Healthlinc Pathway of services The Cottage benefits from the availability and support of a multidisciplinary team if required during times of crisis.





Healthlinc House Learning Disability Pathway



Person Centred care incorporates the following elements:

- Individually tailored recovery and rehabilitation support
- Care delivered and reviewed following My Plan
- Positive risk taking
- Strengths based approach
- Positive behaviour management strategies
- Access to meaningful and stimulating activity seven days a week
- Developing independent living skills and community engagement
- A strong emphasis on safeguarding
- Robust clinical governance
- Access to independent advocacy
- Strong multiagency and family partnerships to ensure a holistic package of care and pathway

Service Outcomes

The Cottage aim to deliver the following outcomes:

- Improvements in quality of life though living a meaningful life
- Greater choice, control and independence
- Social inclusion through active community engagement
- Effective management of behaviour
- Reduction of risk
- Good physical health
- Improved self-esteem and self worth
- Dignity and respect



About Elysium Learning Disabilities and Autism

Elysium offers a range of specialist services to people with learning disabilities, autism and complex needs such as mental health problems and personality disorders. We offer a pathway of integrated care through our individually tailored hospital placements, with a commitment to minimised length of stay and our specialist move on community services, providing person centred enablement and support.

All our services are specifically designed to provide small group or single person environments, replicating an ordinary living setting. These allow for the development of daily living skills aimed at a move towards more independent living.

Our services offer person centred and care planned outcomes focused interventions to support recovery to better health and greater independence. We facilitate engagement in the community and the opportunity to develop new lifestyle choices to improve self-esteem and confidence and ensure people are living meaningful lives.

Our ethos is built upon a shared belief that the person is central to everything we do and we ensure we are responsive to service users changing needs, reviewing and revising plans to meet these needs. We value positive risk taking opportunities within a context of robust risk assessment and management to ensure those we support are kept safe.

Each of our services are staffed by an experienced team of professional managers, support workers,

and nurses. Each service has in place or access to psychiatrists, psychologists and assistants, occupational therapists, , speech and language therapists and advocacy.

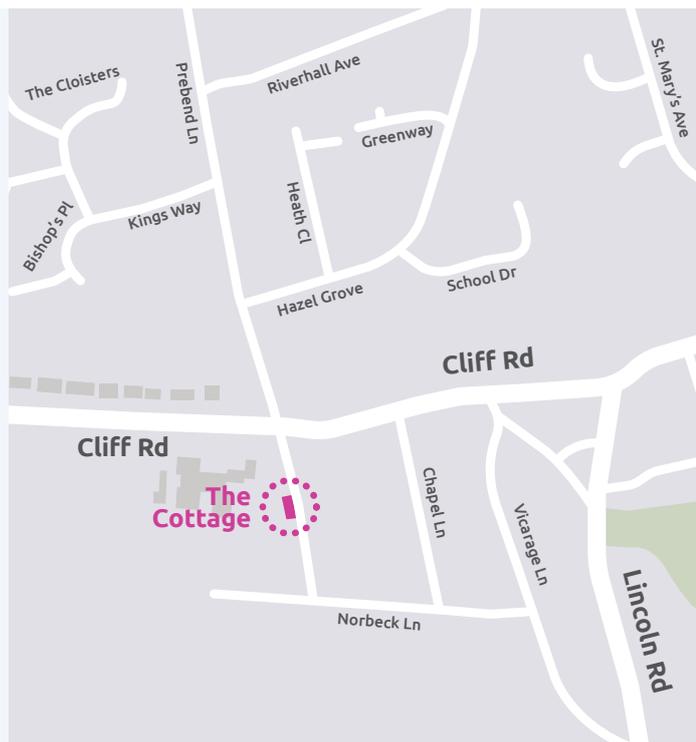
Our services are well-led by caring, professional and experienced staff and our senior management team is always close to the patients and service users, staff teams and service managers, so our care is developed in direct response to people's needs. We measure the effectiveness of our interventions using a range of validated tools and by listening to and acting on feedback from the people we support, their carers and case managers and commissioners. We are committed to the continuous improvement of service delivery and providing services which meet changing demand.

To discuss The Cottage in more detail, arrange a visit or make a referral please call our 24 hour Referral Line **0800 218 2398** or email referrals@elysiumhealthcare.co.uk



Our Locations

- Bradley Apartments
- Chesterfield House
- The Cottage
- Healthlinc Apartments
- Healthlinc House
- The Woodhouse
- The Woodlands



About The Cottage

The Cottage is, located in Welton, Lincolnshire. The village of Welton has a number of local amenities, such as shops, cafes, library and church and is a relaxed local environment that provides an ideal setting for individuals to move towards greater independence and engage in a meaningful way in the community.

Welton is situated within 20 minutes' drive of Lincoln city centre and around one hour's drive away from Nottingham, Doncaster and Hull.

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