

## Spring House

Specialist community based  
complex care service



### Overview

Spring House, set in the heart of Exeter is a registered care service for people with a learning disability and/or autism who may also have associated sensory, communication and physical needs as well as behaviours seen as challenging. The service, led by the Nurse Registered Manager is staffed 24 hours a day by a dedicated staff and Positive Behavioural Support team.

The building design provides six single person apartments or studio apartments and communal spaces which include; lounge-dining room, a smaller quiet room with a flexible sensory space, a large kitchen, staff offices, 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.

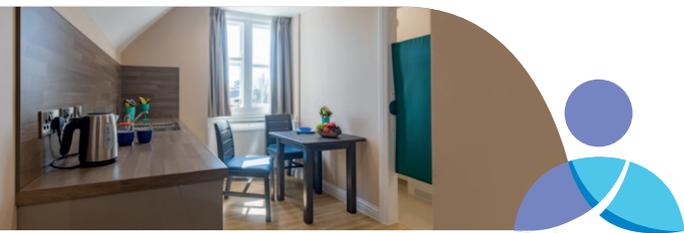
The service is intended for people who require a high level of support to live within the community and aims to support people to return closer to home following an inpatient admission. People can also be referred who are transitioning into adult services or where a community placement is no longer viable.

### Model of care:

The service delivers a programme focused on Positive Behavioural Support (PBS). The specialist trained staff and PBS team consists of:

- **Nurse Registered Manager**
- **Positive Behavioural Support Lead**
- **Occupational Therapist**
- **Life Skills Facilitator**
- **Nursing team (RNLD, RNMH, RGN)**
- **Support Workers**
- **Facilities and administrative staff**

To ensure that the focus remains on person centred care, people who move to Spring House have a say in who they work with and where they receive support. This could be in their apartment, the community, in an educational and vocational setting or in the homely communal spaces.



### We provide:

- Individually tailored support
- Strengths based approach
- Positive Behavioural Support (PBS)
- Staff trained in responding to behaviours seen as challenging
- Access to meaningful and stimulating activity, including vocational, voluntary and educational opportunities
- Developing independent living skills and community engagement
- A strong emphasis on safeguarding
- Access to independent advocacy
- Strong multiagency and family carer partnerships to ensure a holistic care pathway

## About Spring House

Spring House is a spacious, newly renovated Edwardian house set in a quiet residential area within reach of the city centre and it's vibrant, diverse community and has 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.

## About Elysium Learning Disabilities & Autism

Elysium provides a range of specialist services to people with learning disabilities, autism and complex needs.

Our community based services deliver specialist care that meets Transforming Care priorities and is tailored to the individual's needs, enabling people to lead independent, meaningful lives as active members of the community.

Within our community based services we are able to provide support for those who have profound and multiple learning disabilities, autism and sensory communication difficulties, along with providing expert nursing care and support for people with complex needs and behaviours that challenge, such as mental health needs and personality disorder.

These community based services provide a structured setting that may suit those who are stepping down from

### Service Outcomes:

- 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
- Dignity and respect
- Successful transition into more independent living if appropriate



hospital or avoiding an inappropriate hospital admission. The teams within our registered care services are also specialists in working with epilepsy and young people transitioning into adulthood. A number of our service users will move on from here to more independent settings such as supported living, alternatively some will be cared for longer term.

To discuss Spring House in more detail, arrange a visit or make a referral please call our 24 hour Referral Line - **0800 218 2398** or email [complexcare@elysiumhealthcare.co.uk](mailto:complexcare@elysiumhealthcare.co.uk)

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

To view our video tour, please visit [www.elysiumhealthcare.co.uk](http://www.elysiumhealthcare.co.uk)



Spring House, Matford Road,  
Exeter, EX2 4PD