

Realise Specialist
services

&

React

Transforming Care
provider



Realise

Transforming care for people with learning disabilities

Our Realise service has achieved national recognition for their work with people that are part of the Transforming Care agenda. We have successfully enabled people to move out of hospital or unsuitable placements and live more independently, growing in confidence and self-esteem. We work closely with the individual, their families as well as professionals to learn more about the individual, their childhood, interests and preferences so that we support them in the best way possible.

The Transforming Care agenda is a national programme for improving the lives of people with learning disabilities/autism. The government has made a commitment to transform care for this group of people who have a mental illness or whose behaviour challenges services. This commitment focuses on empowering people and families, and ensuring that individuals receive the right care in the right place.

Realise is Somerset Care Group's specialist learning disabilities service. Somerset Care Group is a not-for-profit care organisation, supporting individuals across the South of England.



Staff and recruitment process - what makes us different

Due to the process we use to recruit and support staff, our team has a strong staff structure and a turnover which is below the industry average.

Adverts for roles are written based on the needs of the person to be supported, encompassing their life outcomes and the personality types known to work well with each individual.

Staff are trained thoroughly on the diagnosis and needs of the person they support, along with Team Leaders and the Behaviour Lead, all achieving BILD coaches certification in Positive Behaviour Support.

The people we work with will sometimes use behaviour as a way of communication. All staff are trained to manage this with the person in the way that is best for them. Training is bespoke from a specialist provider who assesses the individual to ensure the Positive Behaviour Support Plan represents their need. When there is an incident, staff are immediately debriefed on the situation and documentation is completed to allow the continued assessment of behaviour and need.



Meet Rachel

Rachel has severe autism and a learning disability; Rachel lived at home with her mum until several years ago. Her mum found that she was struggling to cope and asked for some support from Adult Social Care. Initially this was in the form of respite which was then extended to full-time support, and Rachel was settled into a residential care setting which was later identified as unsuitable for her. While looking for a long-term provider, Rachel was placed in a respite service which was not really suitable and they found her behaviours very difficult to manage.

She was housed in a flat and staff only interacted with her to give her meals, medication and to take her out in the car once a day for a drive. This was very detrimental to her mental and physical wellbeing and she displayed severe self-harmful behaviours, at times requiring hospitalisation.

Following a rigorous selection process, Realise were awarded the contract to support her in the move to her own property. We recruited a staff team who were able to support her through this dramatic change in lifestyle. We spent a long time talking to her mum to gain in-depth knowledge of Rachel and to understand her as a person so that once she had moved in we were able to understand the meaning behind her behaviours. The team have been able to encourage her to be involved in the day-to-day running of her home and finding new interests in life, like feeding birds and gardening.





Meet Rebecca

Rebecca has a mild learning disability and has suffered reoccurring mental health issues over a number of years. When we were first introduced to her she was in a psychiatric hospital where her behaviours were giving staff cause for concern. She constantly wore a beanie hat and coat, both indoors and out, and had very little interest in joining in activities. She chose not to engage with any form of life skill coaching while she was in hospital and was very withdrawn from day-to-day living.

Through the Transforming Care programme, a property was sourced for her and we then recruited a staff team based on her likes, dislikes and interests that she used to enjoy. Staff then spent many weeks getting to know her, working their shifts in the hospital alongside hospital staff, going out on Section 17 leave with her and talking to her family.

When Rebecca was eventually discharged from hospital she was confident with the staff team and settled well into her property. She is now enjoying keeping her home clean and tidy, cooking her meals and is taking pride in herself. She no longer wears the hat and coat all the time, and likes going to new places in the community, including; the park, local shops, the beach and visiting the hairdressers.





Meet Stephen

Stephen is a 35 year old gentleman with an acquired brain injury who loved travelling, extreme sports and was living an exciting life until unfortunately; he was physically attacked in Thailand. Once back in England, he stayed in Musgrove Park Hospital's Intensive Care Unit for 5 weeks, and then spent 15 months in a rehabilitation unit before being admitted to a local nursing home. He is now paralysed down his left side and although he can't verbally communicate, has a good understanding of what is going on around him.

In the nursing home Stephen's life was very limited; he did little more than sit in front of the television all day. We recruited a bespoke team for him, most of whom are of similar age. We completed a transition package by visiting him, taking him to visit his new home and building strong relationships with him and his family. We worked closely with his mum and family, and for the first time in 4 years Stephen was able to spend Christmas Day at home with them.

Stephen moved into his own accommodation with us in September 2018 and shortly afterwards we arranged for a physiotherapist to visit regularly and we are sourcing alternative communication tools for him. The work with the physiotherapist has already led to him standing for short periods with minimal support.

We support him to get him out every day, he now has his own car, and we recently took him to visit his dad in Cornwall for the day. His life is changing dramatically, he is so much happier in himself, much more relaxed and his challenging behaviour has reduced.





Meet Zoe

Zoe* is 29 years old and was born outside a Romanian orphanage where she was left by her homeless mother. After spending 8 years in the orphanage she was adopted into England, but this did not last long and she was returned to the care of the Local Authority.

Over the course of the next 15 years she moved through multiple foster placements, children's service homes and hospitals, until January 2018 when we were selected by Somerset CCG and Somerset County Council to support her to live in her own home.

We recruited a staff team who spent many months working in the hospital in Cambridge alongside the team there, getting to know her and gaining her trust.

In September 2018 she moved into her own home where she is now able to make her own meals, and drink tea out of a china cup which is what she really wanted to do. She has many ambitions in life, including; travelling by train, to go to the theatre and to go on holiday on a plane.



*To protect her identity we have changed her name to Zoe.

Our new React team

Commissioned by Somerset County Council and Somerset Clinical Commissioning Group, we have formed a React team whose purpose is to support people in crisis within a registered property. The team which have been recruited especially for this bespoke and high quality service consist of staff who are highly experienced and have a strong background in dealing with extreme challenging behaviour. They are very flexible and as such are always prepared to be called out at short notice to react to any crisis.

The React team could be asked to 'parachute' into another service that is having difficulties supporting a particular individual. They will provide assessment, advice, and work alongside the other organisation to settle the situation, and save the placement from breaking down. They also have a property, which is based in Taunton and is adapted to consider all safety aspects related to this service if required.

Each referral should last no longer than six weeks. The React team will assess, work in a consistent way in the safety of the React property, or the person's placement to settle the person, re-write the support plan to help them remain in their original placement, or if unavailable, move to a new placement.

Working with Rehab@Home service

We understand the importance of keeping our clients active and engaged in regular physical activity. Our clients are offered the opportunity of a personalised Rehab@Home service for an additional charge. An initial assessment is carried out by an experienced neurophysiotherapist, who will decide on the most appropriate exercises and stretches. The clients are then visited by a trained physiotherapist twice a week who works through the exercise programmes, building strength and confidence.

“ We support a young man at Alfred Court with an acquired brain injury; he has been working with the physiotherapist. It was very slow to start with; however this young man stood up from his wheelchair today with very little support, and stood on his own two feet for the first time in 4 years! As you can imagine the team are overwhelmed with excitement for him. This is a great success and we are proud to be able to support our clients in ways others never have. ”

Andrea, Operations Manager

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Meet Joanne Leigh



Realise

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