

# Westhope Lodge Horsham



## Our Support

At Westhope Lodge, we provide support for 9 adults with Learning Disabilities and Physical disabilities. The service offers a variety of supportive pathways, personalised to suit each person's specific needs. We are focused on the strengths, interests and dreams of each person we support.

Westhope Lodge provides a transitional support model for people, this specialist model offers people a carefully planned and risk managed independent pathway. This model has proved successful in providing rehabilitation and support to transition from residential services towards independence or community supported living services.

## Person Centred Approach

Westhope Lodge focuses on person-centred planning to ensure everyone we support receives the appropriate support they need. We provide an atmosphere that will improve the quality of their lives and helping them to fulfil their potential.

Person-centred planning is regularly monitored to include any changes that can enhance their health and enjoyment. A dedicated Activities Co-ordinator will design a programme of activities to suit each individual according to their own wishes and as described in their person-centred

There are many benefits to using a person-centred planning, including:

- To identify short or long term goals, helping each individual achieve these goals
- To plan activities and build on skills
- Make the right life choices and seek new opportunities

Westhope Lodge encourages a number of meaningful activities for people to get involved with and to support them to meet their individual goals and aspirations. Activities include arts and crafts, exercise and gym, gardening

Staff at the service put people at the centre of their support and are well-known for their positive, encouraging and caring approach. Staff are required to undergo continuous training and development provided by specialist and bespoke training.

## Positive outcomes

We have successfully worked with individuals who have complex, long-term rehabilitation needs and we have a proven record of enabling people to move on to more independent models of support. We work alongside individuals to help them build their future and increase personal empowerment. We support individuals to access training, volunteering, education and where possible employment opportunities. Everyone is encouraged to engage in their local community and learn and practise new skills and supported to rediscover skills which may have previously been lost. Our aim is to improve everyone's social awareness skills which are further developed through accessing the community. Our approach offers people access to college, travel training and leisure activities.

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## We aim to:

- Provide a person centred approach is offered to individuals to conduct care review meetings with full involvement in identifying what is working and what is important to them both now and in the future.
- Develop a relationship based on respect, positive engagement, resource investigation and advocacy.
- Encourage individuals to establish and maintain relationships external to the home through visiting hours/community activities.
- Develop daily living skills, and maintain any hobbies individuals have prior to their placement.

## Accommodation

Westhope Lodge is registered for 9 adults, where the residence contains 9 en suite rooms within the property. This allows there to be additional communal space, should there be more challenging behaviours. The communal spaces include kitchen, dining room, lounge, activities garden house. The home also has a lift for the people we support to access the first floor.

### Case study

At Westhope Lodge having the people we support come and go is a good sign we are giving the best possible care and support.

One gentleman who previously lived in the home has now moved into his own flat, where he has access to help onsite if he requires it. This is a huge step that did not happen overnight. When the gentleman first arrived at Westhope Lodge, he had learning difficulties and had suffered from a stroke. He had no independence, where staff on a daily basis would help with personal care. He had no recognition of how to look after himself and required 1-1 training on how to become more confident and independent.

From consistent staff training and identifying his goals, the service managed to help train him to travel independently, comprehend road safety and learn important life and personal skills. The skills taught in Westhope Lodge were down to staff motivation and the drive of the gentleman. He became much more a personality within the home, and often attended day centres in the local community.

His journey at Westhope Lodge was amazing, and through hard work the gentleman is where he wants to be. This is just one of the positive stories within the home, where we are always providing the people we support with 24 hour care and guidance to achieve their goals.



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