

Kington House Annexe Barry, Vale of Glamorgan



Our Support

Kington House Annexe supports four people with an Acquired Brain Injury or who may also have a dual diagnosis of Mental health needs. We focus on improving independent life skills and community rehabilitation. Our friendly supportive environment is designed to enable individuals to regain independent life skills, cognitive skills and develop supportive strategies to enable confidence to take control of their own life. We aim to work with everyone we support towards more independent models of support.

Our Approach

We want people to succeed, but we also want people to enjoy themselves and have a meaningful life. We support people to access social, leisure and relaxation activities, alongside any vocational, occupational and rehabilitation goals which have been set. We want people to have practical skills and strategies to get on with real life situations; therefore, we are down to earth and pragmatic in our approach. Our staff team are renowned for their positivity and creative approach to life's difficulties.

Who can we support?

Kington House Annexe is ideal for individuals who would benefit from community based rehabilitation and pre-independence training, often following discharge from hospital or following a decrease in skills through a personal set back or Mental Health deterioration. We also offer support for people requiring a 'step-down' or a 'step-up' service.

Meeting Complex Needs

We can support people who:

- Have a Brain Injury (for example: resulting from tumours, hypoxia, viral, alcohol misuse, surgery, stroke/aneurysm, assaults, road traffic accidents)
- Korsakoff's syndrome
- Previous alcohol and substance misuse
- Have Mental Health needs
- Those requiring 117 aftercare or subject to a community treatment order/deprivation of Liberty safeguards
- Have Epilepsy & Diabetes
- Have Huntingdon's Disease
- Require PEG care

We can offer:

- Short-term and Long-term placements
- 6-12 month transitional support placements
- Outreach skill development programmes and support

Specific input and support available if required:

- Neuro-Psychology
- Neuro-Occupational Therapy Neuro-Physiotherapy
- Neuro-Speech and Language Neuro-Psychiatry Counselling
- Behaviour specialist input Vocational rehabilitation

Measured Outcomes

Acquired Brain Injury (ABI) needs:

- Neuro behavioural skills are measured via the SASNOS (St Andrews and Swansea Neuro outcome scale) and ABI motor and independent skills are measured via our Acquired Brain Injury outcome assessment
- From assessment, progression plans are developed in areas of need. These outline specific strategies, interventions and goals to meet cognitive, physical or psychological needs
- Daily goals are implemented on key areas and are measured via 'Goal Attainment Scaling' (GAS Goal)
- We have our own clinical team and we also work alongside community therapists, and other professionals
- We can people integrate their physiotherapy goals into daily activities

Mental Health needs:

- We follow Recovery Star Model of support
- We have our own clinical team of qualified Nurses and Behavioural Advisors
- We use the HCR-20 forensic risk assessment tool
- We focus on Mental Health relapse prevention
- We provide solution-based counselling

Accommodation

Kington House Annexe is a bright, homely and modern home. All rooms are en-suite, and a stair lift is available for access to the bedrooms on the first floor. There is a spacious garden and communal facilities include a quiet lounge with separate family room.



Positive Story

"from rehabilitation to independence"

Steve* moved into Kington House Annexe from Rehabilitation Hospital, where he was supported in his recovery from a severe Brain Injury. Upon arrival, at Kington House Annexe, Steve needed support with personal care, cooking, cleaning and accessing the community, due to his anxiety and being unfamiliar with his local area. Steve was supported to re-learn basic skills as well as gain new ones to support him to live more independently. Steve used GAS (Goal Attainment Scoring) to ensure daily tasks are completed. He also utilised a personal diary to aid his memory alongside the weekly diary.

Over time Steve progressed in these areas and was able to complete more tasks independently. Steve now leads a very independent busy life where he is beginning to build up friendships in the community. He now prepares and cooks his own meals. He writes his own weekly meal plans and completes his shopping independently. Steve is now self-medicating and makes all his own medical appointments.

Steve also received support from Hafan y Coed, Llandough Hospital, where he was supported to improve his memory and access the community. Through this group Steve has gained many skills and supported the community by helping at the food banks and the local recycling centre. Steve was keen to further his education and was supported to register with the Adult Learning Centre. He is currently completing his Level 3 in Maths, following on from completing Level 2 last year. He also volunteers at a local charity shop twice a week.

Early this year Steve joined the Homes 4 U scheme in Barry and was offered a flat in Barry. Steve has now stepped down into the community into his own flat alongside another person we support, who he became good friends with whilst living at Kington House Annexe.

* Name has been changed for confidentiality