

# HFHC!

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## EXCLUSIVE EDITION:

*introducing Myicro Care in our special double page feature*

# WHAT A GREAT YEAR!

## KYLE SETS AND ACHIEVES ALL HIS GOALS

see back page for full story...



**KEEPING FIT...** see our report on healthy living with HFHC'S PBS Partners



**PLUS...** Winter Fun as we're out & about whatever the weather!



# my 'ordinary' life



## COMMUNICATION

Real-time data powers Myicro Care, with everyone across HFHC connected through our unique IT communication infrastructure, Zone Standard.

Each member of staff has a personal portal allowing them to receive and respond to real-time data, creating immediate actions and enhanced organisational awareness.

This improves the quality and range of services for everyone.



## SOCIAL CARE EXCHANGE

This is our unique resource centre where HFHC and our specialist teams or 'Intersourcers' are based.

The Social Care Exchange has been set up to become the place that the wider community will associate with care – to find both a provider or work in the care industry and for training opportunities and community networking.



## PERSONALISED SPACES

Personalisation is central to the success of Myicro Care. We know from experience that individuals respond to warm and homely environments and feel it is crucial to give each individual ownership of their space, however high their support needs are.

Individuals and their families work closely with HFHC's specialist Transition Team to establish personal preferences right from the start. We then design an environment tailored specifically to an individual's needs and personal taste...from football and fairies to transport and space – the décor choice is endless!



## myicro

Myicro Care enables us to wrap a totally personalised and comprehensive care and support service around each individual, matching the right staff to the individual's changing needs and aspirations.

This is combined with real-time data, creating a highly responsive service which empowers the individual and improves their life.

Most people take everyday activities for granted – going to a local shop, cooking a meal, catching up with friends and going on a day trip.

But for many vulnerable people in our society this 'ordinary life' is beyond their reach.

**Myicro is about making the impossible possible...**



## ONE TEAM WORKING

Our unique ONE TEAM Working approach is open and transparent. The entire staff team share the same goals – to help individuals in our care live inclusive and fulfilled lives.

Collaboration is at the core of Myicro Care and ONE TEAM Working extends to all areas of the organisation, be it care, admin, finance or maintenance – linking everyone to our ethos of always putting the individual first.

*... our approach to supporting individuals with complex needs, encompassing every aspect of their lives to enable them to live the 'ordinary' life which most of us take for granted.*





## A YEAR OF RESOLUTIONS GOAL SETTING AND ACHIEVING

Whilst most of us make - and break - just one or two New Year resolutions, Kyle had a whole list for 2017: **get a job; lose weight; host an event; teach Makaton; interview new staff; assist a fire warden; plan a big day trip; reduce my incidents.** With the support of his staff team, Kyle achieved every one of his goals - an incredibly impressive accomplishment! As well as reaching health & fitness goals through healthy eating and exercise (with a total weight loss of 4 stone), Kyle also visited a barbers for the first time where he went for a whole new look - and hair colour! Other firsts for the year included a trip to the cinema and getting a job as a window cleaner.



## FIT & HEALTHY...

...WITH HFHC'S PBS PARTNERS

At Home From Home Care we are continuing to promote healthy living. The right approach helps to engage individuals meaningfully, reducing identified health risks and helping them to make healthy lifestyle choices. Individuals work with Positive Behaviour Support (PBS) Partners to ensure they can lead active, healthy lives.



Motivation to exercise and making changes to our diet can be a struggle for all of us, but particularly if you have poor comprehension of the long-term benefits of exercise. PBS Partner Shaun Tuohy is inspiring individuals to increase their activity levels and improve their fitness by finding personalised activities which are fun and motivating. *"Exercise is not just about fitness and health, but seeing confidence, happiness and emotional well-being build in an individual"*

## WINTER FUN

OUT & ABOUT ALL YEAR ROUND!



Choice plays a big part in life at Home From Home Care and the cold weather doesn't stop us having new adventures! Individuals have been taking advantage of winter days and embracing getting active. From beach adventures to theme parks, days out together offer a great chance to socialise with friends and experience new environments - no matter what the weather!

