

HFHC!

No 0028 • July 2019 • FREE!

HEALTH &
WELLBEING
SPECIAL
EDITION
- see centre
pages



CHRISTIEJANE'S
DELIGHT AT
WINNING
BEST DANCER
AWARD!



Fabulous
at 40!
Laura celebrates
in style!



EXCLUSIVE: Pictures from HFHC's 'A Day At The Races' May Ball



How Home From Home Care is committed to supporting every individual's...

Health & Wellbeing

Health & Wellbeing is a key focus in everything we do at Home From Home Care. We are committed to encouraging healthy living to improve outcomes for every individual, regardless of the complexity of their health needs and disabilities. The right approach helps to engage individuals meaningfully, reducing identified health risks and helping them to make positive choices.

An Equal Life • An Ordinary Life • An Active Life • A Healthy Life • Staying Safe are our 5 over-arching outcomes for each individual. The way in which individuals achieve these varies according to their unique needs, preferences and aspirations, which is reflected in the support we provide. By ensuring each individual is at the centre of everything we do, we can offer them an 'ordinary' life that is not defined by their diagnosis.



Food & Nutrition

Staff work closely with each individual to develop a **customised diet plan**, creating balanced menus that support their choices and target their health needs. Simple recipes are created that can be followed by all, giving the opportunity to learn to cook meals together.

A key aspect of menu planning is **effective use of communication** for each person's level of ability, including using sign language, Makaton or the picture exchange communication system (PECS). Using picture cards to plan a week's menu allows an individual to be fully in control of their choices and increases life skills – by planning meals, creating a shopping list then being supported to do their own shopping. Meal times also form key times of social inclusion and offer a great opportunity for individuals to socialise.

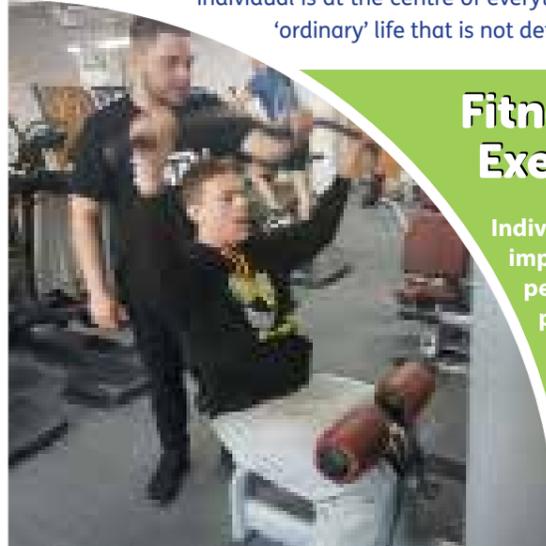


Fitness & Exercise

Individuals are supported to improve their fitness by finding **personalised activities and physiotherapy programmes which are fun and motivating.**

This might include swimming, walking, climbing, adaptive bikes and trampoline parks. Motivation to exercise can be a struggle for all of us, but particularly if you have poor comprehension of the long-term benefits, so a personalised approach is essential.

Activities are creative & fun to ensure positive engagement. Making ice cream may seem an unusual exercise but shaking the ingredients by hand is harder work than it looks! Throwing and catching using weighted medicine balls can help promote muscle growth and activities with resistance bands can be used whilst seated to help those with poor mobility.



Meeting Complex Medical Needs

We support individuals with **varied and often complex health needs.** Starting from our in-depth Needs Led Assessment, HFHC's Commissioning Team identifies each individual's specific medical needs to establish what support is required. Environments and personal spaces are adapted, which might include providing hoist systems, epilepsy monitoring or sound-proofing. This is an ongoing process - each individual's requirements are regularly reviewed and their support programmes revised as necessary.

Each individual's Core Team is created with an understanding of their unique diagnoses and conditions. These may include diabetes, epilepsy, support with medical administration, ventilator use, tracheotomy care, peg-gastrostomy and continence care.

Where specialist training or specific medical or therapeutic support is required, it happens. Staff are nurse-trained as necessary to meet health needs, enabling a consistent Core Team around each individual.



What makes all this possible?

Every day we collect a large volume of data about activities, food and nutrition, health, behaviour and mood. Using HFHC's Myicro model of care, this data is analysed and transformed into meaningful intelligence - which in turn gives every individual a voice.

Supporting Everyday Wellbeing

Supporting every individual's wellbeing means addressing **not just their physical needs, but their psychological needs such as building friendships, accessing the community, ensuring every individual has a voice and developing self-confidence.**

We monitor mood to find patterns in challenging behaviour incidents, allowing us to identify the triggers which cause them. By proactively responding to reduce triggers, we can help individuals live fulfilled lives without the need for over-medication as part of the STOMP campaign.

Building life skills empowers everyone, so we support individuals to achieve the skills to gain more control of their lives, giving a sense of achievement vital to their wellbeing.





LAURA'S 40TH... THE INSPIRATION BEHIND HFHC CELEBRATES SPECIAL MILESTONE!

Following a morning of pampering, Laura arrived at her 40th birthday celebration held at the Hilton Forest Pines Hotel & Spa. There was a royal red carpet, champagne, great food, and Laura's guests all dressed to the nines.

Dancing queen Laura joined the fantastic Abba tribute band on the stage and danced the night away, surrounded by friends, family and all the incredible people who have been a part of her journey.

Paul de Savary said: *"In Laura's own words, she is indeed 'the inspiration for Home From Home Care!' Celebrating her milestone birthday was not only a fantastic occasion but a great opportunity to look back and reflect.*

Everything that Home From Home Care has accomplished, all of the individuals we have supported, all of their fantastic achievements, would never have happened if it hadn't been for Laura's complexities. It's amazing how something which initially was a challenge, has led to so many positive outcomes for so many people and given us a far more meaningful life."



KYLE'S FLYING HIGH!

Kyle expressed an interest in going Skydiving through his MySay meeting. His staff team turned his dream into a reality and he was soon up in the air, gliding over the air jets with ease at the iFLY Indoor Skydiving Centre. He really enjoyed the experience - definitely a memorable achievement!



A DAY AT THE RACES ...HFHC's MAY BALL!

HFHC's two-night May Ball extravaganza really 'went the distance' this year! The 'Day at the Races' theme, chosen by individuals across HFHC, proved a huge success with racegoers arriving either in their finery as fancy spectators or dressed in colourful silks as jockeys!

Staff supported individuals to prepare for and enjoy the event in whichever way was most appropriate, with access before the party for those who preferred to celebrate quietly.

Racing themed decorations, created at Day Opportunities, set the scene. The DJ was busy taking requests from individuals who joined friends, family and staff to dance the night away.

Individuals chose their own meals from a fantastic buffet spread and once the food was over the magic really began, with a magician delighting and entrancing guests with some astounding tricks.



Rosettes & certificates were won in competitions such as 'best dancer', 'best outfit' and 'best jockey silk'.

