CareTech

Uplands House

Fareham, Hampshire



Extraordinary days every day

Nurse-led care home with in-house psychology support for people with long term mental health needs comprising of 24 bedded service with 9 Flatlets.

About Uplands House



Uplands House is a nurse-led care home comprising of 24 individual rooms, 15 with en-suites ,and 9 self-contained flatlets with an in-house psychology team for people with long-term mental health needs. This service is focused on providing a person-centred model of care in a safe environment.

Situated in Fareham, Hampshire, Uplands House offers a tranquil setting for people who need 24-hour care and support with their mental health and physical health needs.

A step down pathway into self-contained flats supports residents to seamlessly transition towards more independent living.

Uplands House supports Adults aged 18+ with:

- Long-term mental health needs alongside any physical health conditions including those with co-morbid diagnoses
- Secondary diagnosis such as Learning Disability, Autism and Aspergers
- A requirement for 24 hour care within a safe environment
- Physical disabilities or mobility issues

**All referrals are assessed on an individual basis*

Personalised and Inclusive Care Planning

From the day of their admission, residents are actively involved in planning their care based on their needs, wishes and aspirations. If appropriate and with the resident's permission, we also involve their families and friends to support this process.









Our Therapeutic Approach

Activities & Community Engagement

- **Tailored Activities** are built around the needs, interests and aspirations of the residents and include both group and individual activities throughout the day, evening and weekends.
- **Local Community Engagement** encourages residents to access opportunities in the local area. Residents can volunteer at local charities and access leisure and educational activities within the community.
- **Comprehensive Psychological Services** include individual and group therapy, crisis management, family integration, life skills enhancement and holistic methods.
- **Medical Support** is provided by a dedicated GP from a local medical centre and supported by weekly rounds. We have also partnered with a local pharmacy for 24/7 pharmaceutical support.
- **Wellbeing and Health Promotion** is monitored by routine checks, including regular health assessments by the local GP practice. We can support residents to access dental, optical and specialised care if necessary.
- **Health Monitoring** is overseen by registered nurses and includes evaluations such as MUST and Waterflow scores, enabling us to create individualised care plans and assessments based on the resident need.

Environment

- Spacious single rooms are fitted with en-suite bathrooms.
- Shared accessible bath and disabled toilet.
- A spacious communal area
- Resident kitchen and laundry room.
- Expansive garden spaces for relaxation or recreational activities.
- A gym for physical wellbeing. (Residents can also access health facilities in the community).
- A multi-faith room.
- Activities room for group activities and meetings.
- A clinic room for administration of medication





Our Team

Our dedicated and diverse team is led by a Registered Manager. Day-to-day clinical input is overseen by the Clinical Service Manager. There is at least one RMN on duty at all times, complemented by a 24/7 on-call system.

Our team consists of:

- RMNs and RGNs
- Chef
- Assistant Psychologist
- Recovery Support Workers
- Activity Coordinator
- Maintenance Staff
- Kitchen Assistants
- Housekeeper
- Administrators
- Team Leaders
- Psychology
- Positive Behaviour Support

Staff Training and Development

At Uplands House, we are committed to continuing professional growth for our team through:

- **Comprehensive Induction & Training** when joining the team. The training includes specific training for specialist therapeutic approaches including the recovery focused model.
- **Professional Growth** through regular clinical and management supervision, annual appraisals and continuous professional development.
- **Leadership Development** is tailored to nurture leadership skills across a variety of staff roles.
- **Quality & Governance** training ensures a competent staff group to deliver high quality care and support.
- **Reflective Practice** promotes personal growth and encourages staff to reflect on resident engagement.

Scan QR code to view virtual tour



Psychology Framework at Uplands House

Comprehensive Assessment

- We utilise a range of neurocognitive and psychometric tests to gain deeper insights into the lives and experiences of the residents we support. These assessments support the planning of residents' care and therapeutic inputs.

Individual or group therapy

- We aim to build positive rapport with the residents and psychology sessions can be delivered in the form of individual or group therapy, family interventions, anger management and relapse prevention planning. Other therapies are delivered based on individual resident's needs. A therapy dog attends fortnightly

Positive Behaviour Support (PBS)

- Our Positive Behaviour Approach ensures that each person receives the care and intervention they require, focused on promoting positive outcomes.

Personalised Interventions

- The assessments support the planning of residents' care and therapeutic inputs.
- Our therapeutic approaches include Cognitive Behavioural Therapy (CBT)
- A holistic mix of direct and indirect psychological intervention aims to reduce distress, alleviate discomfort and builds a stronger sense of wellbeing.

Outcome measurements

- We measure, analyse and evaluate the progress and changing needs of the residents regularly to proactively adapt their care plans and pathways. We believe that having clear goals and outcomes empowers the people we support to work towards their goals.









Stepping down from Secure Services

Transitioning from Secure Services can be a profound change for many. At Uplands House, we understand the complexities involved and support residents with:

- A phased approach to community re-integration to positively manage risk, anxiety and skills.
- Residents are supported to minimise their risk of relapse prevention and readmissions by understanding the importance of treatment adherence and understanding possible triggers to enable them to seek additional support.
- Self-contained flats are a safe and nurturing environment where residents can live independently whilst still having the support of the care team if required.

We believe in a long-term, sustained approached with specialist support and care for each resident, understanding their personal stories, histories and aspirations. By focusing intently on each person's needs – both mental and physical – we can achieve an optimal positive outcome.

Referrals & Admissions

Referrals are exclusively made by professionals. Pre-admission Assessments are conducted by the Registered Manager or the Clinical Service Manager.

To refer a resident to Uplands House or to arrange a visit:

Jo Instan | Business Development Manager

jolene.instan@caretech-uk.com **07823 402461**

referrals.specialist@caretech-uk.com