



Castlebeck
Committed to developing valued individuals

Autism Services





Our Person Centred approach helps us realise the hopes, dreams and ambitions of the people we support.



By using an individual's preferred method of communication we can ensure they have understanding and ownership of their care plan.



Castlebeck Autism Services

Castlebeck has over 20 years experience of supporting people on the autistic spectrum with a range of needs and abilities, including those with Asperger's syndrome.

The services provide flexible support for adults with autism and behaviours which challenge, some of whom have learning disabilities, and those who may or may not be detained under the Mental Health Act 1983.

Castlebeck's autism services across the UK offer support and structure to individuals with Asperger's syndrome, high-functioning autism and complex autistic conditions.

Particular attention is given to enable people to maintain high levels of privacy and independence in keeping with their cognitive abilities and adaptive skills.

Our acute services provide appropriate mental health assessment, intervention, and rehabilitation in a structure specific environment. Individually tailored support packages are created to meet the specific needs of the person.

Our programs are supported by clinicians with specialist skills in the assessment and treatment of people with autism. Our multidisciplinary teams include consultant psychiatrists, clinical psychologists, speech and language therapists and occupational therapists.

We offer 24 hour access to autism practitioners and specialist nursing staff. In addition, we have trained support workers who know how best to communicate with people with ASC. The 24/7 co-ordinators plan, oversee and develop day to day meaningful activities which people want to do; maximizing skills and interests with a balance across self care, work/productivity and leisure.

We offer environmental tuning for the individual with specific regard to sensory needs. This increases interactions with others and enables smooth adaptation between the individual and their surroundings, thus aiding change strategies.

The use of positive programming helps the individual build greater skills which enable social integration.

Coping and tolerance training is undertaken by all. This helps those involved understand the context and function of behaviour. This too can aid adaptive and problem solving for the individual.

Our staff are provided with the best training and resources to maintain their professional development.

Communication

We provide communication co-ordinators who help develop appropriate means of interaction and communication with the use of TEACCH and pictorial systems such as PECs and Talking Mats.

Person Centred Care Plans include:

- Structured programmes with observable and measurable outcomes
- Enhanced communication strategies and methods of interaction.
- Positive Behavioural Support based on the person's autism, sensory profile, learning and adaptive skills.
- Facilities to support and work alongside relatives and all stakeholders involved in the person's life

Activities include:

- Sensory room
- Computer/IT room
- Movie room
- TEACCH activity room
- Therapeutic sensory garden
- Outdoor fitness trail
- Life-skills activity area.

24.7

'24.7' is Castlebeck's system of support to enable people to structure their time; build relationships and establish a balance between work, self care and leisure.

Personalised plans are developed with each individual and includes structured evening and weekend activity as well as structured free time.

Active work takes place within these programmes to enhance local contacts and a sense of belonging in the community. Where possible and appropriate, local community services are used for activities to support the development and independence of those in our service. Much of the photography on the Castlebeck website shows service users enjoying activities which are part of their 24.7 plans.

The SHARED Approach

Castlebeck's SHARED Approach is our person centred therapeutic model of care. It has eight processes or steps which governs our services to maintain clinical and social validity.

S.H.A.R.E.D. stands for Supportive Help Achieving Realistic Effective Development and that is what we do. Castlebeck's greatest resource is its people and everyone at Castlebeck receives training in the SHARED approach.

One size does not fit all and by learning and understanding the SHARED approach all of us can help the individual hopes, dreams and ambitions of people become a reality.

When people come to Castlebeck we find out as much as we can about them. The SHARED Approach is a duty of care, based on an individual approach which has been researched and proven to work. We look for the most comfortable method for those we support, where there are no threats or punishments; implied or otherwise. We simply act in the person's best interest. We use the least restrictive methods which afford each individual the privacy, interaction and freedom they require in an environment suited to their needs.

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