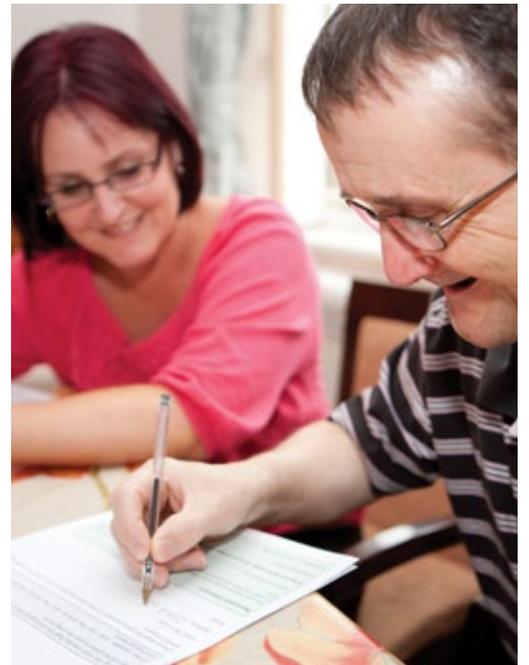


Alphonsus House



Introduction

Through our services at Alphonsus House, we provide leading person-centred support and facilities for 19 adults over the age of 18 with autism, mental health issues and learning or physical disabilities.

We offer 24/7 specialist residential care in a safe, stimulating and rewarding environment. Our aim is for each individual to optimise their physical, social, emotional and cultural development, and for those who are medically stable, reintegration into the community and supported living.



“ Staff help me, I am more independent and confident now, like I was before. ”

Resident at Alphonsus House



Living at Alphonsus House

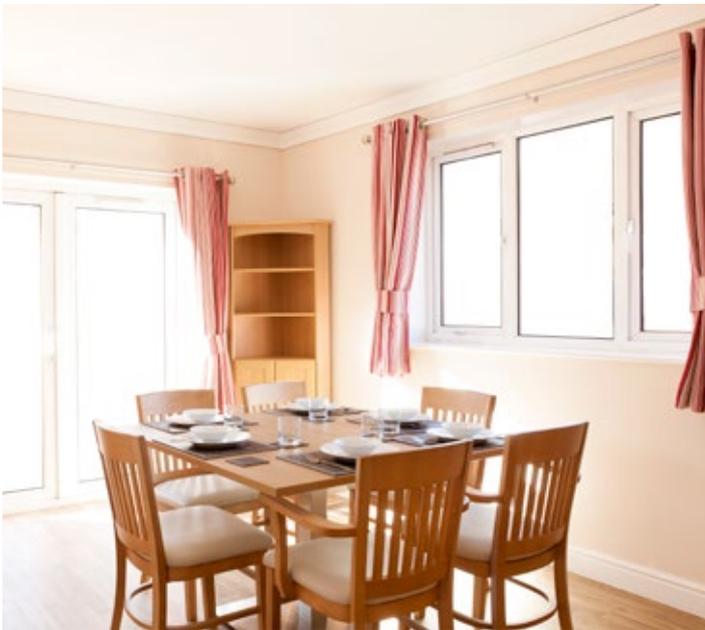
Alphonsus House is situated in the heart of the beautiful town of Oldbury and is close to local amenities, yet in easy reach of major bus routes and motorways, making it accessible to larger towns and cities.

Set over four separate properties, each room has been designed with the resident in mind, for example, the kitchen in the bungalow has been adapted for wheelchair users.

We also provide opportunities for residents to participate in a wide variety of community-based activities including college courses, employment and social interests.

The service provides:

- 19 bedrooms within three houses and a bungalow
- Modern communal areas within each property including a lounge, fully-equipped kitchen and secure gardens
- Experienced staff team providing continuous support
- Access to education opportunities
- Vehicles to access wider community facilities



“ I loved living at Alphonsus House, every day I got to do different activities and the staff were always helpful and supportive. ”

Ex-resident at Alphonsus House

Our team of experts

Our Alphonsus House services employ and use a comprehensive and highly skilled team who are experienced in supporting individuals with a wide range of conditions.

We work in close partnership with other professionals to ensure consistency of care and safeguarding. This includes:

- **Chiropodists**
- **Dentists**
- **Local GPs**
- **Occupational therapists**
- **Opticians**
- **Physiotherapists**
- **Speech and language therapists**

Independence skills

At Alphonsus House, we develop independence and social skills through individual support plans and person-centred reviews. By completing these reviews we are able to identify the skills that need developing using step-by-step programmes, these include:

- **Budgeting**
- **Cleaning**
- **Communication skills**
- **Cooking**
- **Food shopping**
- **Gardening**
- **Healthy eating**
- **Personal care**

Our residents can also access local college courses to further develop their independence and social skills, including:

- **Arts and crafts**
- **Dancing**
- **Food hygiene**
- **Health and safety**
- **IT**
- **Literacy**
- **Music**

Leisure activities

We have a daily activities programme based on individual interests and abilities. People decide what they want to do based on their person-centred plans and reviews, as well as through the discovery of further hobbies and activities. This includes:

- **Arts and crafts**
- **Bowling**
- **Cinema**
- **Dance and drama classes**
- **Football**
- **Golf**
- **Gym**
- **Local discos**
- **Shopping**
- **Swimming**
- **Walking**

Case study - Becky's story

Becky* arrived at Alphonsus House following a breakdown within the family home resulting in her requiring accommodation and support.

Becky had been diagnosed with a mild learning disability, as well as autism, and required a structured routine to help her thrive within her home and in the community.

When Becky arrived at Alphonsus House, it was the first time she had stayed away from her family and her home. Becky was also scared and unaware of what the future may bring. She would regularly refuse to carry out any of her daily living skills such as personal care, cooking, cleaning or accessing the community independently.

Staff therefore worked closely with Becky, implementing structure and achievable goals using a wide range of techniques such as SMART objectives and person-centred planning.

It wasn't long before Becky began to learn new skills that she could use to obtain her long term goal of living on her own independently.

Becky's outcomes

Becky began to carry out all of her daily living skills independently and would even access the community without staff support. The relationship with her family was rebuilt and she would go on regular visits to the family home. Becky's confidence also went from strength to strength resulting in her gaining employment with a local business.

Staff continued to work with Becky and when the time was right, liaised with the local authority to support Becky into her own home out in the community. Becky now requires limited support and continues to use the skills that she learnt at Alphonsus House to live independently. To this day, Becky often visits Alphonsus House and is forever grateful of the support she received from staff.



Referrals

To make a referral or for enquiries and further information, call us on **0808 231 9425**, send an email to **adultcare@priorygroup.com** or visit our website at **www.prioryadultcare.co.uk**

*Names have been changed to maintain confidentiality.

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ADULT CARE

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