

Headway Approved Provider Appendix

Askham Court, Askham Community Village, March

Focus of Facility:

- Askham Court is a Level 2 Specialist Neuro Rehab Unit focusing on getting the client back to work or home as soon as practicable. Specialising on Level 2 neurological conditions, particularly suited to supporting dual diagnosis, Askham Court focuses on rehabilitation of those with Spinal Cord or Acquired Brain Injury.
- Upon opening in 2012, Askham Court was awarded the prestigious Pinders National Design Award for Care in the category of Buildings for Young Adults with Physical Challenges. Headway accreditation followed soon after this.
- Rehab at Askham Court combines state of the art technology based on the latest in sensory and robotics assisted therapy, residents will have use of this equipment (in our gym and hydrotherapy pool) supported by highly skilled and experienced professionals ensuring the achievement of the full rehabilitation potential.

Ethos:

- **We are a community:** We value each other, and we all have a responsibility to look out for each other's safety and well being
- **We believe in empowerment:** We recognise that we all have a positive contribution to make and encourage each other to reach their full potential through a full and active life
- **We respect each other:** We acknowledge that we all have our own personal, physical, social, emotional, and spiritual needs; and that these may vary over time
- **We prioritise personal dignity:** We do not compromise on an individual's right to live a dignified life of enjoyment, self-determination; recognising their need for privacy and choice
- **We value quality:** We provide for more than the basic needs; with attention to detail in all aspects of life at Askham

Costs (per week):

- Cost is subject to assessment determining care needs, and how much involvement from each discipline of the MDT is required. Assessment can be arranged as needed.

Clientele:

- Askham Court can meet the complex needs of individuals with Acquired Brain Injury or enduring Neurological Conditions requiring intensive neurorehabilitation. Askham Court has successfully supported individuals with a Spinal Cord Injury, Guillain Barre Syndrome, Prolonged Disorders of Consciousness and more.
- The unit can also support those who have a tracheostomy in situ or those who require weaning. The facilities can meet the needs of bariatric service users should this be required.

Location:

- Set in rural Cambridgeshire, on a seven-acre site the purpose built Askham Court can be found at 13 Benwick Rd, Doddington, March, Cambridgeshire, PE15 0TX.

Family Accommodation:

- Family accommodation is available, with 4 fully furnished flats on site to support the family well-being during the rehabilitation process.
- Service users have the opportunity to progress into the flat and live with their family as part of the final stages of their rehab and transition home.
- Askham Village Community has additional arrangements with local B&Bs should families prefer not to stay on site.

Family Dining Facilities:

- Askham Court, part of Askham Community Village, does offer meals for family and visitors. All meals are prepared on site with fresh local ingredients.
- The catering team led by the head chef provide a wide range of world recipes catering for all dietary requirements.
- Family are welcome to dine with residents at mealtimes or outside of mealtimes if requested.
- An onsite café provides a space within Askham outside of the Home for hot and cold, sweet, and savoury snacks.

Range of Cares Provided:

- Spinal Cord Injury, Acquired Brain Injury and Tracheostomy care. Askham Grove's services can be accessed on an outpatient, respite, fixed term, or long-term basis.

Service User Involvement:

- Service users and their families are involved in all aspects of their rehabilitation, in particular the goal setting which is from the pre-admission stage and continues throughout the pathway.
- The assessor will interview the service user or their family sharing information about the service including what they can expect from the Therapy team and Nursing team.
- Each service user is involved at every stage of their rehabilitation including goal planning, weekly scheduling, choice of activities, participation in review meetings, time frame in treatment and discharge destination.
- Service Users are invited to participate in clinical reviews that take place weekly.
- In 2020, approximately 70% of the service users admitted to Askham Court under the Brain Injury Pathway, chose to and were able to return home after a period of 8-16 weeks in therapy.

Rehabilitation Schedules, Social Activities, and Activities of Daily Living:

- At Askham Court each resident has a personalised structured daily and weekly supported routine.
- Each individual therapy programme has daily functional activities integrated into them.
- There is an onsite training kitchen and accessible laundry to facilitate rehabilitation with the inclusion of daily living skills.
- There are opportunities to include activities to enhance life, examples being; trips to the theatre, shopping, meeting family and friends for coffee (either on site in the Askham Village Community Café or off site), hobbies and/or educational courses/vocational placements.

Clothing and Laundry:

- Askham Court has a dedicated hospitality team, who assist with all laundry needs on site.
- The onsite flats have washing machines and tumble driers, for when a resident progresses into this environment they are able to maintain this life skill independently.

Mealtimes:

- Food at Askham Court is all locally sourced and prepared on site by our dedicated catering team. The catering team led by the head chef provide a wide range of world recipes catering for all dietary requirements.
- Mealtimes are variable, based on the preferences of the service users. Hot fresh meals are available around the clock.
- There is an accessible kitchen in Askham Court which residents are able to utilise and access on a risk assessed basis at an appropriate point in their rehabilitation.

Diet and Choice:

- A seasonal weekly menu is produced by the catering team to aid service users with their choices. Each resident will be reviewed by our Speech and Language Therapist to advise an appropriate diet is followed.
- Our Nursing team are skilled to support those requiring Percutaneous Endoscopic Gastrostomy (PEG) feeding.

Bedrooms:

- Every room has an en-suite and has independent access which helps to promote a sense of freedom and personal ownership of space.
- Each room has overhead tracking to improve mobility and make day-to-day life easier for everyone.
- Each bedroom contains; nurse call system, free Wi-Fi, modern décor, and direct door access to the gardens.

Access:

- Askham Court is a single storey, modern, purpose-built care setting which is fully disability accessible.

GP / Medical Cover:

- Dr Allanson and Dr Anwar are our dedicated Neurological Rehab Consultants, who support the rehab on site and remotely from Addenbrookes.
- Askham Court work directly with Doddington Medical Centre (situated next door) for primary care management for the needs of the service users.

Staff Training:

- Each staff member is trained on the follow: Moving and handling of people/ Objects, Infection control, Safeguarding, MCA/DoLS, Data Protection/ Handling information, Fire Safety, Food safety, Positive Behaviour Support, Basic Life Support, First Aid, Dementia, End of Life and Acquired Brain Injury.
- This training is complete by Askham's on site trainer, who can deliver bespoke training on request, based on the need of the residents at that time.
- Staff at Askham are encouraged to take on further training to enhance their clinical skills and knowledge. These vary from NVQ's to MSc.

Fire Safety and Evacuation Planning:

- Askham Court has been designed and built in line with the Fire Safety Standards.
- An alarm system works throughout the service, with specified alarms for the area in which they monitor.
- Each resident has their own evacuation plan, to notify how they would evacuate during a fire. This is updated weekly, or when the needs of the individual change.

Management Team:

- Askham Court has a Registered Manager in post.
- The Unit is led by a Lead Nurse.
- A full introduction of the management team can be found at: <https://askhamvillagecommunity.com/about-us/our-team/>

Service User Contact Details:

- Askham Court maintain a secure patient record system of service user, family, and advocate details.
- This is a Key Performance Indicator of the service to ensure that complete and accurate information relating to the service user and their family is collected and properly maintained. This information gathering begins during the enquiry phase of the rehab pathway.

Transport:

- Askham has 2 fully accessible minibuses, which are to be used for; trips, appointments, and transfer. Both have full tail lift access and help maintain links with the local community.
- The vehicles are available for service users, as part of a costed rehab package or on an ad hoc basis.