



# Well & Able Care

EMPOWERING INDEPENDENCE



## Supported Living Services (CQC Registered)

Empowering Independence

[www.wellandablecare.com](http://www.wellandablecare.com)





## Our Mission

At Well & Able Supported Living Ltd., we are dedicated to empowering individuals and fostering independence. Our mission is to provide exceptional supported living services that enable each person to live life on their terms, with dignity and purpose.

We understand that every individual has unique needs, aspirations, and challenges. That's why we take a personalised approach, tailoring our services to meet the specific requirements of each person we support. Our team of compassionate and highly trained professionals works closely with individuals, their families, and healthcare providers to develop comprehensive support plans that promote independence, recovery, and overall well-being.

## Our Values (We Care)



### Compassion

Our approach is rooted in empathy, understanding the challenges individuals face, and providing compassionate support. We strive to create a nurturing environment where each person feels valued, respected, and supported.



### Autonomy

We promote independence and individual decision-making, empowering each person to take control of their lives. Our goal is to provide the tools and guidance necessary for individuals to make informed choices and achieve their desired level of self-determination.



### Respect

We treat every individual with the utmost respect, recognising their unique backgrounds, preferences, and abilities. We celebrate diversity and embrace the richness that different perspectives bring to our community.



### Empowerment

Our commitment lies in empowering each person, providing the tools and support needed to achieve their goals and live life on their terms. We believe in fostering personal growth, skill development, and overall well-being, enabling individuals to reach their full potential.

# Service Overview

## Disabilities

- **Physical Disabilities:** Support with daily activities and mobility.
- **Intellectual Disabilities:** Custom support plans and educational assistance.

## Mental Health

- **Counselling and Therapy:** Sessions for mental health issues.
- **Crisis Intervention:** Immediate mental health crisis support.
- **Wellness Programmes:** Holistic mental health approaches.

## Respite Care

- **Short-term Relief:** Temporary care for primary carers.
- **In-home and Facility-based:** Flexible respite options.
- **Personalised Care Plans:** Customised individual care.

## Homelessness

- **Emergency Shelter:** Safe housing solutions.
- **Support Services:** Help with housing and employment.
- **Rehabilitation Programmes:** Addressing homelessness causes..

## Young People

- **Youth Development Programmes:** Personal growth activities.
- **Mentoring and Counselling:** Support for youth challenges.
- **Recreational Activities:** Engaging health-promoting activities.

## Additional Health Needs

- **Chronic Illness Management:** Monitoring and medication support.
- **Palliative Care:** Compassionate serious illness care.
- **Rehabilitation Services:** Therapy for recovery.

## ABI Support (Acquired Brain Injury)

- **Rehabilitation Programmes:** Comprehensive rehab services.
- **Personalised Support Plans:** Tailored cognitive and physical care.
- **Community Integration:** Support for community reintegration



## Customer Profile: Who We Support

- **Autism :** Specialised support for autistic adults through personalised programmes.
- **Learning Disabilities :** Support for various learning disabilities with adaptable services.
- **Physical Disabilities :** Assistance for physical disabilities, including complex health needs.
- **Acquired Brain Injury:** Rehabilitation and independence support in collaboration with professionals.
- **Associated Health Needs :** Expertise in managing complex physical and mental health needs.





## Service Delivery Model

At Well & Able, our service delivery model is centred around promoting independence, recovery, and empowering individuals to live fulfilling lives. Our approach encompasses the following key elements:

### Personalised Support Planning

- ✓ Comprehensive initial assessment to understand each individual's unique needs, goals, and aspirations.
- ✓ Development of a detailed, person-centred support plan within 4 weeks, outlining specific objectives, strategies, and desired outcomes.
- ✓ Designation of a key worker for each individual to foster a trusting, longlasting relationship.
- ✓ Regular key working meetings (at least every 8 weeks) to review progress and adjust the support plan as needed.

### Tailored Support Services

- ✓ Access to a multidisciplinary team with expertise in mental health nursing, occupational therapy, positive behaviour support, and more.
- ✓ Personalised support addressing identified needs, such as risk management, daily living activities, personal care, and community integration.
- ✓ Promotion of positive risk-taking and the use of the least restrictive approaches to foster independence.
- ✓ Incorporation of assistive technology and equipment as appropriate.

## Accommodation Options

- ✓ Shared residential supported living settings with 24/7 on-site support.
- ✓ Comprehensive support for individuals living independently in their own homes.

## Continuous Collaboration and Review

- ✓ Regular progress reports (at least every 8 weeks) to ensure transparency and accountability.
- ✓ Formal annual review of service, assessments, and support plans, involving the individual, family, and care team.
- ✓ Ongoing collaboration with mental health and social care professionals to ensure coordinated, holistic care.







## Our Culture

At Well & Able, we foster a culture of inclusivity, dignity, and personal growth. Our team is dedicated to creating a nurturing environment where individuals can thrive and reach their full potential.

### Open Communication and Collaboration

We believe in open communication, collaboration, and continuous learning. Our staff members are encouraged to share their insights, ideas, and experiences, contributing to the ongoing improvement of our services.

### Professionalism and Ethical Conduct

Professionalism, integrity, and ethical conduct are at the core of our operations. We uphold the highest standards of care, ensuring that our clients receive the support they need while maintaining their privacy and autonomy.

### Celebrating Diversity

We celebrate diversity and embrace the unique perspectives and backgrounds of our clients and staff. By promoting understanding and mutual respect, we create a harmonious and supportive community.

### Continuous Learning and Improvement

At Well & Able Supported Living Ltd., we are committed to continuous learning and improvement. We stay up-to-date with the latest research, best practices, and industry developments to ensure that our services remain at the forefront of the supported living sector.

Our culture is built on a foundation of trust, respect, and a genuine commitment to making a positive difference in the lives of those we serve. We strive to create an environment where individuals feel empowered, valued, and supported in their journey towards independence and self-fulfilment.



## Our Story

At Well & Able, our story is one of unwavering dedication to empowering individuals and fostering independence. Founded on the belief that every person deserves the opportunity to live life to the fullest, we have been at the forefront of delivering exceptional supported living services.

## A Shared Vision of Empowerment

Our journey began with a group of passionate individuals who recognised the need for a more personalised and holistic approach to supported living. Driven by a shared vision of creating an environment where individuals could thrive, they laid the foundation for what would become Well & Able.

## Challenging Traditional Models

From the outset, we challenged traditional models of care, recognising that a one-size-fits-all approach could not adequately address the diverse needs of those we serve. Our team of dedicated professionals worked tirelessly to develop a comprehensive service delivery model that prioritised choice, control, and respect for human rights.

## Embracing Innovation and Expertise

At Well & Able, we embrace cutting-edge technologies, evidence-based practices, and collaborative partnerships with leading experts in the field. This approach allows us to continuously refine and enhance our services, ensuring that we provide the highest quality of care to those we support.







# Well & Able Care

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## Contact

### Well & Able Care

-  50 Kelling Way, Broughton, Milton Keynes, MK10 9NW
-  01908 040 348
-  [enquiries@wellandablecare.com](mailto:enquiries@wellandablecare.com)
-  [wellandablecare.com](http://wellandablecare.com)

## Referrals

We accept referrals from NHS mental health case managers, provider trusts, Clinical Commissioning Groups (CCGs), community mental health teams, secure hospitals, mental health acute and psychiatric intensive care units, rehabilitation and recovery inpatient services, prisons and courts, and social services. To discuss a referral or any aspect of our service, please contact our Registered Manager.

## Follow us on social media

