

The Old Posting Office, Stafford



Our Support

At The Old Posting Office, we support up to 7 male adults with Mental Health needs, Learning Disabilities and Autism. We focus on empowering the people we support to develop their skills and to progress along their recovery pathway.

The Old Posting Office provides a transitional support model, this specialist model offers people a carefully planned and risk managed independent pathway. The service recognises that each person has different aims and objective in which they want to achieve, this may range from achieving daily living skills to total independence to return home to families or independent living. The home uses a wide range of tools such as The Recovery Star to ensure successful outcomes.

Person Centred Approach

We assign key workers on a 1:1 basis and use a person-centred approach, which enables us to:

- Understand the individuals needs and expectations
- Understand personal goals and aims
- Develop better quality of life through individual life choices

We have a commitment to ensuring individuals get the right level of care and support suited to them. Our focus is on giving people as much independence and control over their own lives. We encourage individuals to learn new skills and set goals to work towards. All care packages are regularly monitored to include any changes that can enhance each person's health and enjoyment.

The highly trained staff at The Old Posting Office put the people we support at the centre of everything we do and they have a positive and encouraging approach. All our staff receive continuous specialist training that enable them to support the specific needs of the people we support.

Positive outcomes

We have successfully worked with individuals who have complex, long-term rehabilitation needs and a proven record of enabling people to move on to more independent models of support. We work alongside individuals to help them build their future and increase personal empowerment. We support men to access training, volunteering, education and where possible employment opportunities. Everyone is encouraged to engage in their local community and learn and practise new skills and supported to rediscover skills which may have previously been lost. Our aim is to improve everyone's social awareness skills which are further developed through accessing the community. Our approach offers people access to college, travel training and leisure activities.

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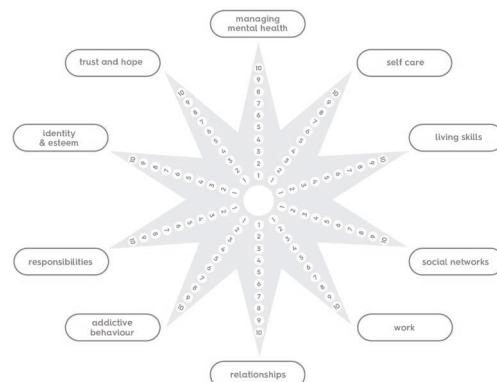
We aim to:

- Provide a person-centred approach for individuals to conduct care review meetings with full involvement in identifying what is working and what is important to them both now and in the future
- Develop a relationship based on respect, positive engagement, resource investigation and advocacy
- Support mental health through focussed relapse monitoring with early intervention
- Encourage individuals to establish and maintain relationships external to the home through visiting hours/community activities
- Develop daily living skills and maintain any hobbies the individuals had prior to their placement.

Accommodation

The Old Posting Office has five en-suite bedrooms, and two independent living flats used for those who are transitioning from supported care to independent living. The flats help to reintegrate people in the community in a supported environment. There are also communal areas including kitchen, dining room, lounge and front/rear gardens.

Recently at the home, we have a young man who has lived with us for some while. His progression within the home has been so successful that he will be moving on later in the year to a supported living set-up. He will gain his own flat in a small building consisting of 4 flats. He moved into The Old Posting Office last year and has worked hard within a year to move into independent living.



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