



Autism & learning disability care at Exemplar

every day better

Exemplar supports individuals with a learning disability to live their lives as they choose. We do this by creating personalised care in a vibrant and positive atmosphere in small, purpose-built homes.

Around
700,000
people are on the autism spectrum in the UK.

A learning disability is often complex. Some people may have reduced ability to manage everyday activities like household tasks, socialising or managing money. For others, the learning disability may be part of other physical and emotional conditions, and individuals may receive more than one diagnosis.

We support people with:

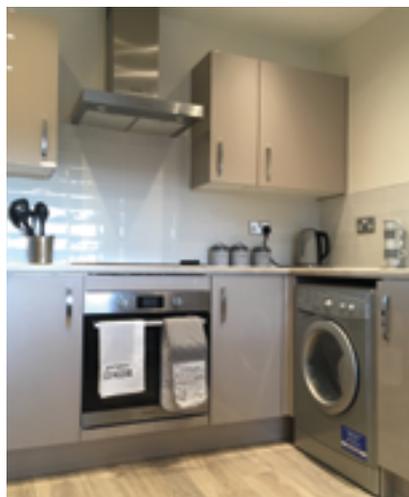
- **Complex autistic spectrum conditions**
- **Physical disabilities**
- **Sensory disabilities**
- **Prader-Willi syndrome**
- **Epilepsy**
- **Associated mental health support needs**
- **Challenging behaviours**

We aim to support each individual to integrate fully into their local community and live the life of their choice.

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At Exemplar we provide a supportive homely environment, which aims to maintain and develop functional skills, support behaviours of concern and encourage inclusion in the community.”

Home Manager, Pathways



OneCare - for people with autism and asperger's

Exemplar can also offer sole occupancy environments for people living with autism and Asperger's through our OneCare services. We work with individuals, families and funders to develop environments built around a person and their unique needs - such as ensuring a limited stimulus setting to avoid sensory triggers.

The right people, the right environment

When it comes to helping those with autism and learning disabilities achieve their full potential, having the right people in the right environment is the key to success. Everyone is different, so we adapt our approaches to suit each individual. In our homes, successes are celebrated and confidence and dignity are supported.

It starts with person-centred planning, creating a plan with the individual which includes their aspirations, beliefs, strengths and needs. From this, we make sure all the right support and services are in place, including health action plans. We'll plan for a person's physical wellbeing to ensure they are fit, healthy and happy.

Case study

Sarah's journey at Exemplar

Sarah was 7 when an accident resulted in behavioural issues, seizures and complex learning disabilities. Soon after, she began attending a school for children with similar complex needs, and visited an Exemplar care home for respite care 2-3 nights a week.

At 19, Sarah moved into the home permanently. At this time her support needs were intense, with 1:1 support needed, along with a team of specialist nurses and doctors.

The Exemplar care team worked with Sarah to develop her care plan and determine the goals she could work towards. With the support of an epilepsy nurse, Sarah began to be able to manage her seizures. This allowed her to concentrate fully on tasks for the first time since childhood, allowing her to function properly and control her behaviour. Her independence began to increase and she began to develop life skills and to attend social

activities inside and outside the home.

Throughout the next three years, goals were achieved and added. Sarah was able to stop wearing her protective head gear, which improved her self-esteem. She began to look at new social activities, learnt how to use cutlery and went to a restaurant for the first time. Other goals achieved included self-dressing, learning to tell the time, developing a new peer group and attending college.

In 2017, Sarah had achieved her goals. She had become so independent that she had outgrown the home and the next step for her was a supported living group environment. With 1:1 support and personalised care plans, Sarah had grown from a teenager with very complex behavioural needs, and little to no independence, into a confident young person, able to live independently.

Placements with Exemplar

We conduct a pre-admission assessment to make sure our homes are right for the individual. We look at compatibility with people already living with us, how a person will integrate into the local community and how we'll support their existing routine.

We assess, and maintain where possible, existing relationships, activities and interests. This limits the disruption to a person's life and promotes physical, psychological, emotional health and wellbeing.

We share our formal assessment report and costings with funders and if a placement is agreed, develop a care plan in conjunction with families, specialists and the individual, discuss goals and identify a named key worker.

We work hard to make the transition into our homes as stress-free as possible and work with individuals to introduce them slowly to their new environment. As confidence grows, we'll invite them to visit for a meal, then a day, followed by an overnight stay and then for a weekend. The individual sets the pace so they can come to Exemplar happy, confident and relaxed.

Make a referral or enquire about a placement

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