

Neuro-disability care at Exemplar

We care for people with the complex symptoms of neuro-disabilities, dealing with the physical, mental and psychological symptoms. When independence is no longer possible we work to preserve family relationships, allowing families quality time to come to terms with conditions.



every day better

1 in 400

In the UK are estimated to be born with cerebral palsy, with approximately 1,800 children diagnosed each year

www.nice.org

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Exemplar offers a truly supportive rehabilitation environment which focuses on restoring a person's independence and developing functional skills.”

Helen Baxendale
 Clinical Director
 Exemplar Health Care

Exemplar cares for individuals with a wide range of neuro-disabilities, including both congenital and acquired disabilities such as:

- Huntington's disease - including overcoming a person's communication difficulties through speech and language therapy and assistive technologies, and special modified high calorie diets to prevent weight loss and reduce the risks associated with swallowing.
- Parkinson's disease - including careful management of medication regimes.
- Multiple sclerosis - including managing the decline of a person's cognitive and physical abilities and specialist nursing care to prevent complications from other associated illnesses.
- Motor neurone disease
- Cerebral palsy
- Epilepsy

People are affected by neuro-disabilities in different ways. Some people may have to adjust to a reduced physical ability to manage everyday activities. For others, it may be living with the effects of reducing and declining intellectual ability.



Exemplar's 28 purpose-built homes and OneCare extended care pathways are caring and welcoming environments. OneCare services provide a further rehabilitation pathway for people recovering from a brain injury or stroke. These specially adapted individual houses and flats are located very close or attached to the main home. OneCare services allow individuals to live with a much greater level of independence, with care and support available as required, depending on a person's unique needs.

Case study

Debbie's journey at Exemplar

Following the death of her mother from complications of HD, Debbie was orphaned in her early teens. After leaving foster care, Debbie lived and worked independently during her early twenties. She then began to experience changes in her body and although her movements became increasingly difficult, she continued to live independently in her own home with her dog, Lady.

When her movements became increasingly difficult she visited a specialist who confirmed her worst fears- she had the HD gene. After a few months, realising that Debbie was both sensitive and vulnerable, the specialist recommended Exemplar

to Debbie, explaining that she would receive care and support designed around her own needs, which would improve her quality of life. She was also able to take Lady with her.

Debbie quickly settled in at Exemplar and made friends and was able to enjoy her first ever holiday. With regular activity and therapy sessions she was able to better understand the changes to her body and learn ways to manage them and reduce their impact. It was discovered that Debbie had a half-sister at another Exemplar home, who she was able to meet for the first time, so now as well as friends, she also has a family again.

At Exemplar, we support people with neuro-disabilities to live life to the full. We offer a variety of services including physiotherapy, speech and language therapy, seating assessments, long-term placements and occupational therapy to increase independence.

We can provide specialist care for:

- Dysphagia – severe and specific difficulties with eating and drinking.
- Choking risks
- Percutaneous endoscopic gastrostomy (PEG) feeding tubes
- Complex bowel management
- Management of an ileostomy/ colostomy

We offer long and short term placements, rehabilitation and respite programmes, in a positive and supportive environment which focuses on outcomes and celebrates success.

We recognise the valuable practical and emotional support that family and friends can provide and encourage them to be involved in the care and support of our service users.

As a person's condition degenerates, we reduce the impact on their life as much as we can. A person may lose the ability to walk, talk or communicate in usual ways, but we work to restore choices to make sure they are still able to get the most out of life.

Make a referral or enquire about a placement

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