

Improving lives together

# Specialist residential service with nursing for adults with learning disabilities and complex needs

Ellen Mhor, Dundee

Now taking referrals



Ellen Mhor is a specialist residential service with nursing, supporting up to 12 adults living with learning disabilities and complex needs, and who may have an autistic spectrum condition. The team also supports individuals who have behaviours that may challenge and associated mental or physical health needs. We provide specialist nursing care and support that is tailored to individual needs, promoting independence and community integration.



Mixed gender



18+ years



12 beds



## Our resident profile:

- > Male and female, aged 18+ years
- > Primary diagnosis of learning disability
- > May have autism
- > May have complex mental and physical health needs
- > May have behaviours that challenge
- > Can be informal on a Guardianship Order or a voluntary resident

## Our service at a glance

Ellen Mhor is a large detached house with its own private garden situated in a residential area of Dundee. Everyone at Ellen Mhor has their own en-suite bedroom and they are encouraged and supported to personalise their rooms. There is a choice of three living areas that residents can choose from, as well as a bright and airy dining room and conservatory. There is a life skills kitchen and lounge area where residents are supported in a small group to develop and maintain independent living skills such as menu planning and preparing their own drinks, snacks and meals.

In Dundee, there are many activities for residents to access, including leisure centres, cinema, theatre, markets, shops and cafés. The team at Ellen Mhor aim to promote individuals' independence. They do this by working closely with residents to ensure that their wishes, needs and interests are met. Ellen Mhor has regular house meetings where they discuss a wide range of topics from meal planning to arranging their social calendars.

Our experienced staff team use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

Individuals may come to Ellen Mhor for many reasons. They may be moving through their care pathway from a hospital setting or may require extra support during a difficult period in their life, or they could be on a pathway to a place of their own.

## Our on-site multi-disciplinary team (MDT):

- > Psychology
- > Occupational therapy
- > Speech and language therapy
- > Nurses (RNLD / RMN)
- > Service management
- > Activity co-ordinator
- > Support workers
- > Independent advocate

Graded all **4's** with the Care Inspectorate



**65%** of the staff team have been in employment for over 3 years (May 2022)



**Therapeutic earnings** scheme available, residents can apply for paid work within the service



Consistently **100%** of residents achieve over 25 hours of activities each week



**Supporting home visits** for residents no matter the distance



Achieved the **Dignity in Care Award**



Values board in communal area to gain **resident feedback**



Supporting residents on **holidays and day trips**



Newly created sensory garden created and designed by residents



Residents **grow their own vegetables** in the garden



Supporting individuals to take part in **'Munro-Bagging'**



**Our community links:**

- > Leisure centres
- > Cinema
- > Theatre
- > Markets
- > Shops
- > Cafés and restaurants
- > Museums



**Our facilities:**

- > En-suite bedroom
- > Choice of living areas
- > Bright dining room
- > Conservatory
- > Life skills kitchen
- > Activity room
- > Garden & sensory garden



**i** For more information or to make a referral please call **0808 164 4450** or email **chcl.referrals@nhs.net**

**Our referral process:**

- 1 Referral made to Cygnet referrals team via **0808 164 4450/chcl.referrals@nhs.net**
- 2 Assessment arranged and undertaken via our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

**Where are we?**

**Ellen Mhor**  
2-4 Ellen Street, Dundee, Angus, Scotland DD1 2QH  
**Phone number**  
01382 279086



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