



SPECTRA
CARE

CARE FOR ALL



ABOUT US

Spectra Care provide support and accommodation for individuals aged 16+ years with

- Learning Disabilities
- Autism Spectrum Disorders
- Mental Health Conditions
- Behaviours that Challenge
- Sensory Processing Difficulties
- Relapse Prevention
- Personalised risk development and resilience
- Recovery support

Inspected and rated

Good



We provide supported living services that are of the highest standard in accordance with all of the Care Quality Commission (CQC) Standards, whilst also ensuring that our services meet and adhere to all other associated regulations and legislation.

Our person-centred service is flexible to each individual in building on existing strengths and skills; supporting our service users to strive and achieve goals at their own pace whilst being treated with dignity and respect. Our comfortable and welcoming home environment ensures our service users are happy and relaxed. We focus on individual needs and targets through open and honest dialogue. Where required, we utilise excellent MDT consultancy services including a Clinical Nurse Advisor and PBS Specialist to enhance support provision or provide direct input for people we support.

We work in accordance with a set of principles that elevate our work. This helps us to ensure that every person who accesses our services gets the same high level of support, care, dignity and respect.

HELP
SUPPORT
DIGNITY
HEALTH
RESPECT
HOME
ACTIVITIES
FACILITIES
FITNESS
HAPPY

OUR AIMS AND OBJECTIVES

PERSON CENTRED

We always start with what you need to ensure our services fit around you. We will talk and listen carefully to understand what you need. We will also ensure that we support you in making informed choices and decisions that will assist you in your journey of gaining greater independence.

RESPONSIVE

Continuous and consistent feedback is how we develop and enhance the services that we provide to make them more relevant to the people that we support. We collect and gather support from them along with feedback from friends, family and carers.

SEAMLESS

Your care and support needs may require services provided by other professionals to meet all your needs. These may include social workers, physiotherapists, your GP and occupational health professionals. We aim to work with all of these professionals to ensure the delivery is a seamless experience.

MONITORING

We ensure that your support plan is person centred and focused on providing the individualised support that you need. We then regularly review your support plan with you and your support network to make any necessary changes to your requirements.

OUTCOMES

Working towards the outcomes that you want to achieve and have identified with us helps us to tailor the support to what's important to you and the support you need or require to accomplish these.

SAFE ENVIRONMENT

We ensure that the necessary procedures are in place to provide a safe environment to support and protect our residents from risk and harm.



SERVICES WE OFFER

Our Supported Living Service is about supporting you to remain as independent as possible while also enabling you to learn, develop or enhance new skills. You will receive:

- Personal Care
- Assisting with preparing meals
- Assistance with carrying out chores, such as laundry, washing dishes, etc
- Getting washed and dressed
- Support with food and personal shopping
- Supporting with medical appointments
- Providing support in attending education and leisure activities
- Assistance/support with budgeting

We can also support you with links to other service providers, such as education and health. This helps us to provide you with well-rounded support and expert advice on a variety of areas, whether that is planning for further learning, employment, daytime activities or personal budgeting.

Care and support are convenient and tailored to you and always in your control. Personal choice is highly valued as we know it goes a long way to helping you retain a sense of independence and control.



AMENITIES

Spectra Care's newly refurbished Supported Living accommodations are welcoming, friendly and comfortable places where service users can add their own personal touch. You will find them equipped with all you need to settle in and enjoy living as independently as possible. Our residents benefit from their own private en-suite facilities.



MODERN, FULLY
FITTED KITCHENS



ALARMED AND
SECURED EXITS



LOUNGE AND
DINING ROOM



SENSORY ROOM



FRIENDLY STAFF



LANDSCAPED
GARDEN



MODERN
APPLIANCES



WALK IN
SHOWERS



WIFI



JASMINE LODGE

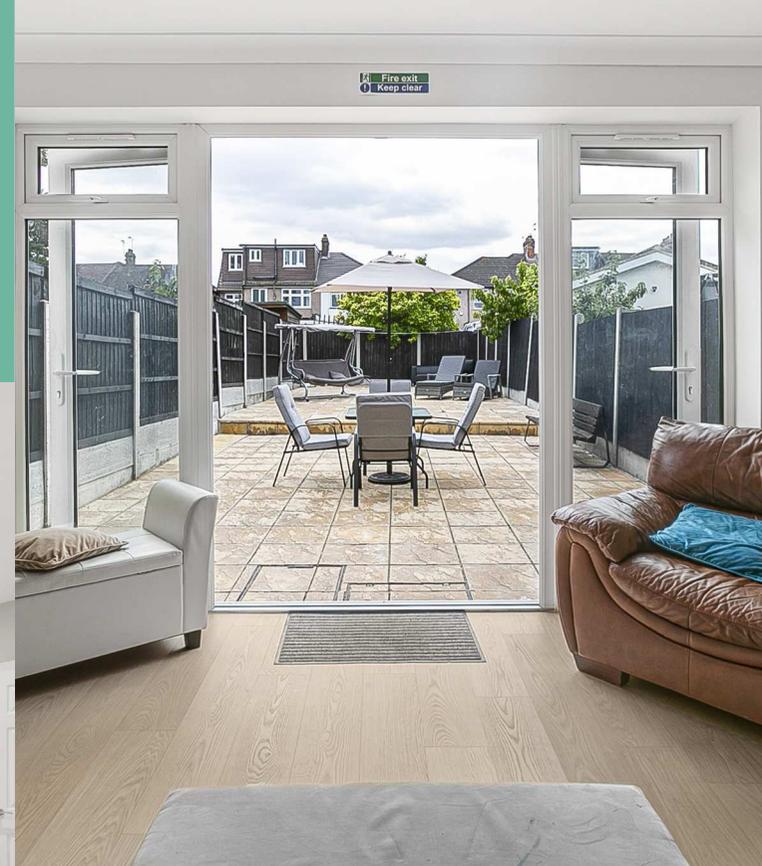
6 bedrooms
6 bathrooms (all ensembles)
Fully furnished
Lounge with separate kitchen
Wheelchair accessible
Close proximity to Gants Hill & Barkingside Station
Nearby local shops
Medical Centre (3 min drive)



BLUEBELL HOUSE



4 bedrooms
4 bathrooms (3 ensembles)
Fully furnished
Wheelchair accessible
Close proximity to Highams Park Station
Nearby local shops
Medical Centre (3 min drive)



ORCHID MANOR

6 bedrooms
5 bathrooms (3 ensembles)
Fully furnished
Wheelchair accessible
Close proximity to Gants Hill & Barkingside Station
Nearby local shops
Medical Centre (3 min drive)

SAGE HOUSE

- 2 bedrooms
- Wheelchair accessible
- Shower room
- Off street parking
- Private garden
- Close proximity to Gants Hill Station
- Nearby local shops
- Medical Centre (3 min drive)



TAKE A VIRTUAL TOUR!

Click the hyperlink or scan the QR code to take virtual tours of our supported living services.

CLICK ME!

OR



SCAN ME!



PRIMROSE PLACE

- 2 bedrooms
- Wheelchair accessible
- 2 bathrooms (1 ensuite)
- Private garden
- Close proximity to Highams Park Station
- Nearby local shops
- Medical Centre (3 min drive)

ACTIVITIES

We encourage and support our residents to take part in a wide variety of indoor and outdoor activities. This is an essential aspect of building their confidence and social skills. Our homes offer substantial space, easy accessibility and modern furnishing to maintain the utmost comfort for our service users.



BOARD GAMES



HORSERIDING



MUSIC SESSION



PARK AND FARM VISITS



KEEPING FIT



ARTS AND CRAFTS



GARDENING



SWIMMING



BINGO



HOW WE WORK

PRE-ASSESSMENT

The first and most important step is getting to know you and those currently involved in your support and care. We will visit you at your home or current place of residence to carry out a personalised assessment. We work with you and those involved in your care and support to identify your needs and choices in order to develop a tailored support plan for you. By supporting your individual life choices and needs we can support you to achieve your desired goals.

SUPPORT PLAN

The information we collect from you will form the basis of your personalised and detailed support plan. The support plan sets out your personal and medical history, your individual needs and choices along with the services and support you will receive from us.

Your support plan is a guide used to assist with the care and support you require and also includes information of all other professionals involved in your care, such as your GP, social worker, physiotherapist, psychologist and occupational therapist, etc.

RISK MANAGEMENT

Spectra Care will prepare a risk assessment for all individual residents to ensure that the correct opportunities and choices are explored and implemented for your support and care.

DEVELOPMENT

We support our residents in developing life and living skills by engaging in motivating and inspiring activities and experiences that contribute to their self-development. As part of your development, we support you with choices as to which skills are suited to your needs, choices and requirements, such as education opportunities or life skill planning. We respect and recognise that each resident will have their individual objectives and progress goals.



OUR TEAM

Spectra Care offers a dedicated fully trained team with the right set of skills, background, experience and heart to deliver the work necessary to uphold our high standards of care. All new staff go through comprehensive interviews and must provide satisfactory references and enhanced Disclosure Barring Service (DBS).

EXPERIENCE AND QUALIFICATIONS

We ensure that we employ staff that are either qualified at NVQ level 2 or who are in the process of achieving a diploma in Health and Social Care. Our homes are managed by Jonathan Parry, who is also equipped with a Level 4 NVQ in Care as well as 12 years of managing experience! At Spectra Care, we know that experience and qualifications are essential to delivering the care and support you need.

EQUAL OPPORTUNITIES

As accredited employers, Spectra Care is committed to providing equal opportunities for residents and employees irrespective of age, gender, race, culture beliefs, disability or sexual orientation. All can be expected to be treated with dignity and respect.

INDUCTION AND TRAINING

All staff are required to complete mandatory training that is provided by our in-house training team. This is reviewed annually and covers key elements of care, including health and safety, moving and handling, infection control, first aid, safeguarding and administration of medication, dignity and respect, and equality and diversity.

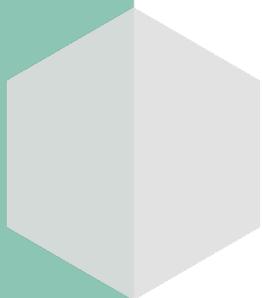
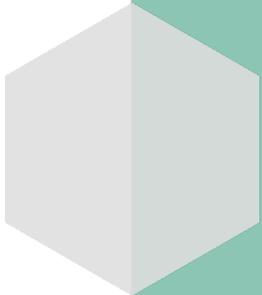
OUR CEO

Saroohi - known as Suzie, is a natural people's person. She is passionate about helping service users and their families find workable solutions that make life easier.

Not only is she highly experienced in the management of care homes and building excellent and motivated teams. She is also approachable, hands-on and ready to talk service users through any aspect of the service. She believes caring is more than just a job. At Spectra Care her role is to manage the business aspects of running an exceptional supported living service and overseeing the senior management and team. Her whole focus is on providing an outstanding personal experience for all those accessing Spectra care services.



"Providing care and support for vulnerable people is both rewarding and enjoyable to me. Playing a key role in supporting such individuals and families is an incredible contribution that I am privileged to provide. I hope my care and compassion is well received by staff and service users alike."



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C A R E F O R A L L