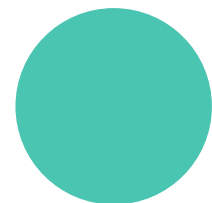
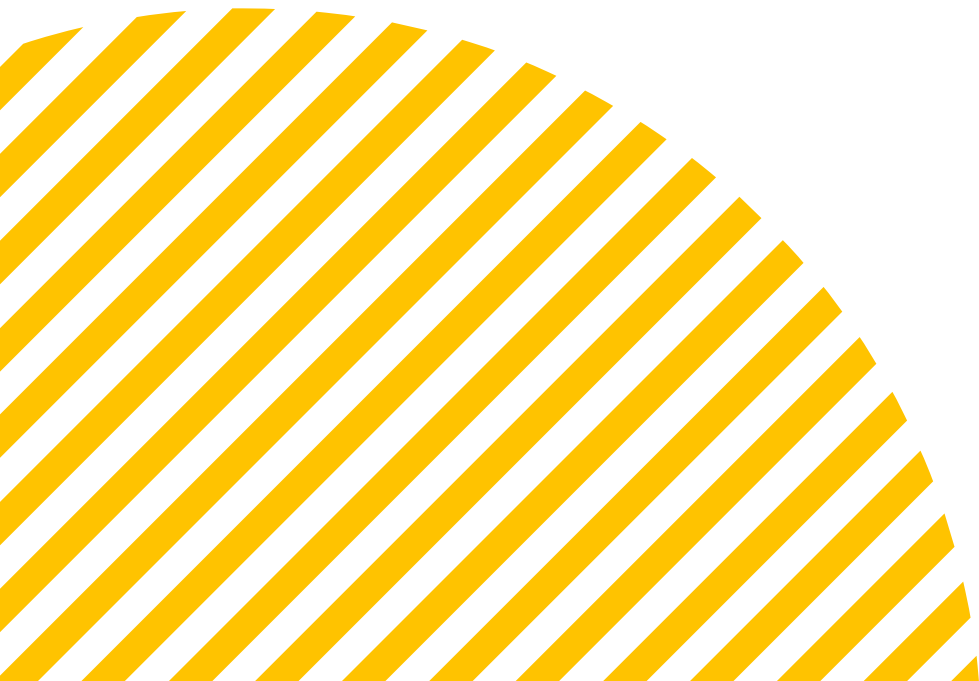




# Birmingham Supported Living Service

CQC-Registered Bespoke Provision For Adults With Complex Behavioural Presentations



**Empowering lives that are valued,  
meaningful and inclusive,  
regardless of the complexity of  
need, every day.**

Praxis Care's Mission

# About Praxis Care

Shaped around the individual

- We are a health and social care charity with 40 years' experience.
- We work with 1,500 people with mental ill health, autism spectrum conditions, learning disabilities and dementia.
- Our services are innovative, professional and high-quality for people across the spectrum of need, particularly at the higher level of complexity.
- Our services for children, young people and adults are spread across Great Britain, Northern Ireland, the Isle of Man and the Republic of Ireland.
- We co-develop bespoke plans for individuals in a range of community settings — dynamic to changing need and focused on meaningful individual engagement and outcomes.

Praxis  
Care



# Praxis Care has experience with...

People who display  
behaviour that  
may be deemed to  
challenge

People who may be  
subject to  
legal orders/liberty  
restrictions

People who have  
experience of frequent  
placement  
breakdown/hospital  
re-admission

# Complex Needs Community Supported Living Service

Opened in Birmingham 2020

The aim of our Complex Needs Community Supported Living Service is to co-produce meaningful and sustained outcomes, to continue to increase independence and choice and to co-create every opportunity for a best life for everyone we work alongside.

Referrals to services involve detailed pre-admission assessment, relationship and knowledge building utilising clinical input, working closely with MDTs and stakeholders and engaging with families and each individual through a managed transition process.

Individuals with learning disabilities or autism spectrum conditions now receive care in community, rather than in-patient, settings.

# Support Criteria

## **Age Range**

Adults. This may include some support at point of transition to adult services from 17 years of age.

## **Diagnosis**

LD, ASC, MH, PD and associated co-morbidities falling within the admission criteria.

# Location

Service provision is available across Birmingham

- In-house property and development teams work closely to source and adapt appropriate accommodation in a person's preferred location.
- Easy access to transport, local amenities and community resources.



# Evidence-based, person-centred

Approaches and techniques include Positive Behaviour Support (PBS), active support and SPELL framework elements (e.g., low arousal approaches).

The aim is a sustained understanding of each person, from which to take forward a range of appropriate approaches and interventions, to reduce the potential for, and impact of, distressing situations and responses. This approach recognises that behaviours are likely to be a communication method and that there may be a link to physical health/co-morbidity.

Staff participate in supervision, debrief and reflective practice individually and as teams with support from in-house MDT colleagues.





# Everyday Living Plan (ELP)

Everyone at the service creates their own holistic person-centred assessment and care planning tool.



A range of elements are assessed, including:

mental  
and physical wellbeing

communication

meaningful  
daily activity

empowerment,  
recovery and hope

strengths  
and aspirations

interpersonal  
relationships

daily living skills

being safe

# Informed, engaged, motivated staff teams



## Recruitment

Our in-house recruitment and training teams build highly skilled, compassionate, well-supported, motivated staff teams. We undertake values-based and competency-based safer recruitment practice working alongside our behavioural specialists to recruit and build engaged, resilient, creative teams.



## Training

Staff at all levels undertake a robust induction. There is a comprehensive ongoing training schedule and opportunities for professional development; we want people to build careers with Praxis. Bespoke training is developed and delivered specifically to support the requirements of individuals.



# Transition to Community Supported Living

Praxis Care has significant experience of co-designing and implementing successful transition plans for people assessed as having very complex needs who are moving into community-based settings or transitioning into adult services from children's services.

Our transitions are safe, managed, coordinated, bespoke and effective.

# Achieving Outcomes Case Study: L's Journey

## Introducing, L

- L originally came to Praxis Care's services for young people as an emergency placement.
- L has a diagnosis of ASC and a learning disability.
- She has a significant history of self harm and behaviour deemed to challenge.
- Praxis Care gained an in-depth understanding of and relationship with L along with the informed delivery of detailed risk management, support and PBS plans in close collaboration with the community MDT and specialist in-house clinical input.
- Additional training and support for staff were delivered and clear incident liaison and management protocols were agreed across the multi-agency team.

## Outcomes

Behaviours deemed to challenge, that are cyclical in nature, are now at a reduced frequency and intensity. L's self-regulation and confidence in speaking out when in difficulty have also improved. L is far more confident in expressing feelings and thoughts verbally and through the use of creative media.

## Guiding Principles

Praxis Care is supporting L in her home; this is a place of safety, privacy, dignity and comfort in a community setting. Everything Praxis Care does is aimed at ensuring her tenancy is maintained, her confidence and independence are developed, she remains safe and, as a multi-agency team, there are open lines of communication to maintain a consistent and boundaried approach to her collective care and support.

# Enquiries or Referrals

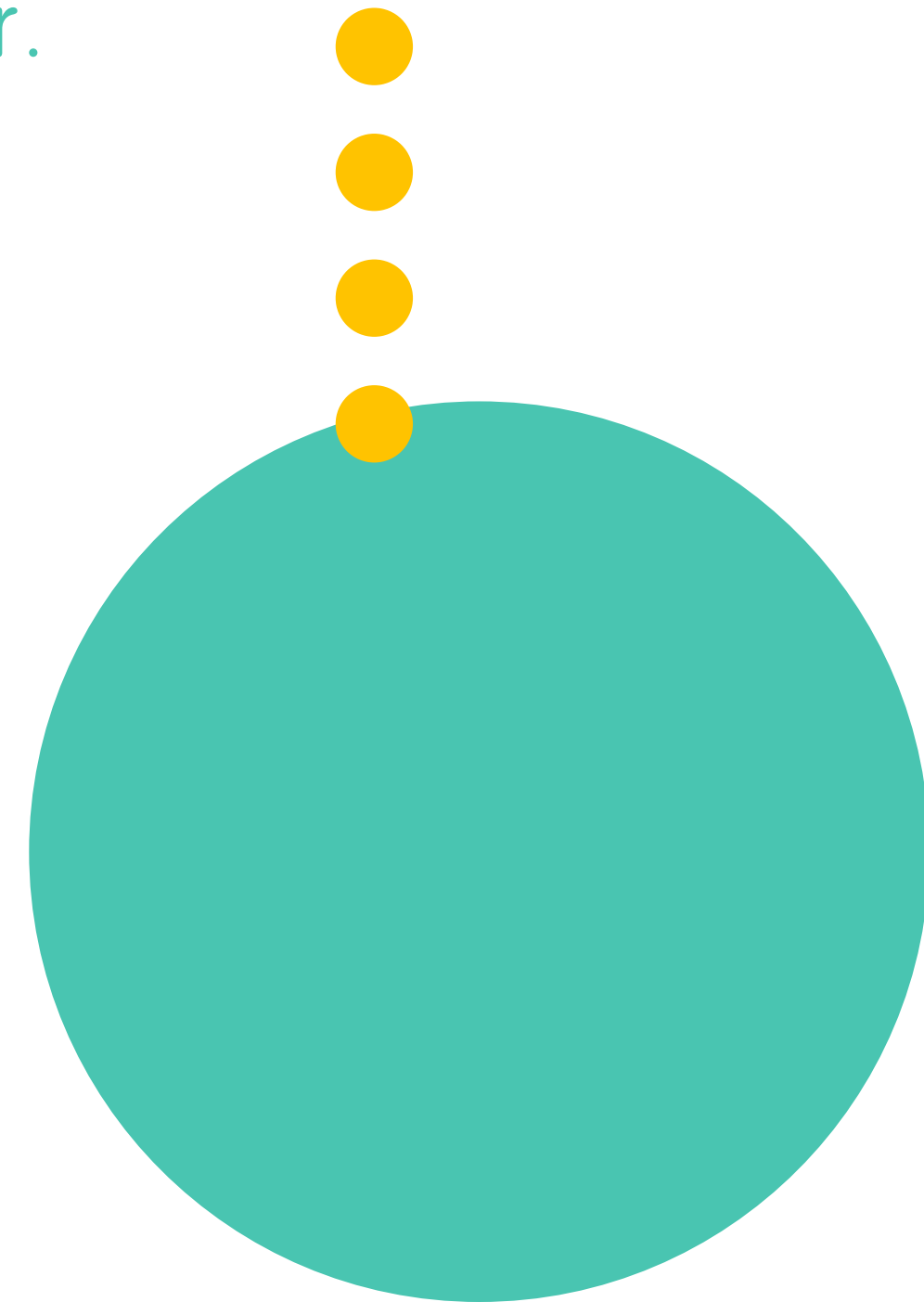
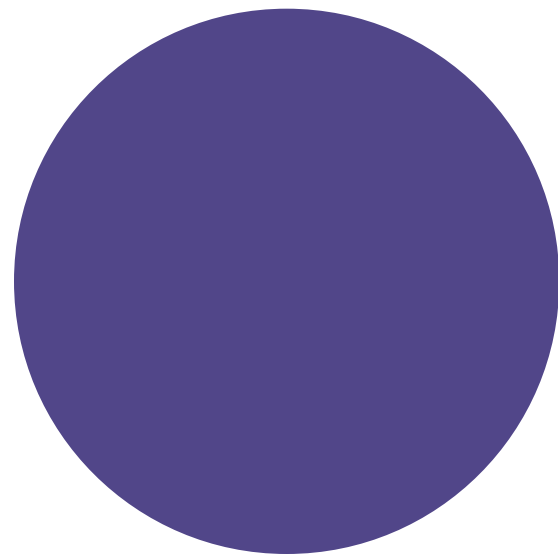
Let's talk about how we can work together.

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@praxiscare



# Praxis Care



Shaped around  
the individual

[praxiscare.org](https://praxiscare.org)