



Cefn Carnau

A low secure rehabilitation service
for men and women

 Part of Ramsay Health Care



An Overview of Cefn Carnau

Cefn Carnau is a modern new-build low secure hospital in Caerphilly, South Wales.

The service provides care and support for men and women with a learning disability including those who have autism. Based on the conditions of registration, learning disability must be the primary diagnosis.

The people we support may also present with mental health problems including Personality Disorders (PD). Our aim is to reduce the presenting mental

health issues and behaviours perceived as challenging in a setting where risk can be managed and reduced to allow individuals to step down into community facing living.

Cefn Carnau accommodates service users across two single gender wards

- **Bryntirion**
- **Dderwen**



Model of Care

The team at Cefn Carnau listen to individual needs and provide person-centred care, adopting a least restrictive approach whilst promoting independence. They follow a Positive Behavioural Support (PBS) model which enables the individual to be fully involved in their care and treatment plans.

The service supports rehabilitation, social inclusion, and reintegration into the local community.

There is a full Multidisciplinary Team (MDT) which consists of Nurses, Healthcare Assistants, Occupational Therapists, Social Worker, Psychologist and Psychiatrist all based on site. Additional services such as Speech and Language Therapy, and Dietetics are also available as required.

Environment

The new purpose-built hospital has been designed with wellness in mind, providing a safe and comfortable environment in a low secure rehabilitation setting. Facilities include two single gender wards, spacious en-suite bedrooms, therapy rooms, a multi-faith room, sensory rooms, quiet spaces, family/visitors room, a gym, and Activities of Daily Living (ADL) kitchens. The centrally located café is a place where people can build their confidence in a social and relaxed setting whilst also providing some individuals the opportunity to gain skills in a workplace environment.





Our Aims

Our aim is to empower the people who are supported by us to have as much choice and control as possible over their lives and the support they receive.

- **Enable everyone to make choices and express preferences about their day-to-day lives.**
- **Encourage the people we support to do ordinary things, make use of mainstream services, be included in the local community, and develop work and leisure interests and friendships.**
- **Prevent or reduce behaviours seen as challenging and improve people's quality of life.**
- **Support individuals to participate in meaningful employment where possible in either a paid or voluntary capacity, and to make a valued contribution to the world of work.**
- **Ensure our workforce are appropriately skilled, trained, and qualified including a better understanding of the needs of people with a learning disability and those who have autism.**

Many of the people supported at Cefn Carnau have sensory difficulties, meaning they can experience over or under sensitivity to different sensory stimuli. The hospital environment minimises the risk of sensory overload.

- **Bright lights** - the brightness of the lights within the building is reduced by dimming or turning off lights where possible including isolated areas.
- **Sensory aids** - sunglasses and ear defenders are available.
- **Temperature** – room temperature is continuously monitored and can be adjusted accordingly.
- **Sensory maps** - each ward has a sensory map, stating which parts of the wards are particularly bright, or noisy.
- **Quiet spaces** - each ward has a quiet space away from the main ward, with reduced noise and lighting.
- **Sensory room** - each ward has a sensory room with equipment such as soft furnishings, soft seating, adjustable lighting, and sensory items including music, fidget toys and stress balls.
- **Sensory stories** - sensory stories are used to assist people accessing the community or community facilities for the first time.
- **Accessible environments** – Cefn Carnau have links with local supermarkets to enable people to shop during less busy periods. There is access to community facilities who offer relaxed performances such as theatres and cinemas with specific adaptations for people with sensory needs.



Therapeutic Programmes

Therapeutic programmes are tailored to maximise the potential and enhance the quality of life for each individual. Specialist assessments of risk, psychological needs, and responsiveness difficulties are provided.

Therapies offered follow the evidence based National Institute for Health and Care Excellence (NICE) guidelines:

- **Cognitive Behavioural Therapy (CBT)**
- **Dialectical Behavioural Therapy (DBT)**
- **Radically Open Dialectical Behavioural Therapy (RO-DBT)**
- **Compassionate Focused Therapy (CFT)**
- **Acceptance and Commitment Therapy (ACT)**
- **Motivational Interviewing (MI)**
- **Psychodynamic Therapy (PT)**
- **Systemic Therapy (ST)**
- **Eye Movement Desensitisation and Reprocessing (EMDR)**

We can also offer the following assessments

- **WAIS-IV and ADOS-2**

Occupational Therapy at Cefn Carnau

The aim of occupational therapy is to enable independence and prevent social exclusion so that individuals can live purposeful and active lives in the community. The occupational therapy team promote independence through skills such as self-care, leisure activities and productive occupations.

Assessments: Each person will have an initial assessment, an Occupational Profile and Model of Human Occupation Screening Tool completed.

Sensory Assessments: The Sensory Integration Practitioner will conduct a range of bespoke assessments based on individual presenting needs.

Modulation Interventions and Environmental Adaptations are made, and support offered through Sensory Integration Therapy.

Other functional, environmental, and community-based assessments will be completed based on individual need.

The Model of Human Occupation is the Model of care that underpins therapy. Typical assessments include:

- **The Occupational Self-Assessment (OSA)**
- **The Occupational Performance History Interview-II (OPHI-II)**
- **The Assessment of Communication and Interaction Skill (ACIS)**
- **The Volitional Questionnaire (VQ)**
- **The Occupational Circumstances Assessment Interview and Rating Scale (OCAIRS)**

Assessments conducted by the Occupational Therapist informs therapy which enables and improves levels of engagement and independence focusing on participation within the community. These approaches take the form of therapeutic activities including functional activities, music, leisure, physical, self-care, along with creative projects, community, horticultural and vocational opportunities.



Admission Criteria

- Men and women 18 years and over
- Individuals must have a primary diagnosis of a learning disability within the mild to moderate range
- Those who have autism
- People with a range of complex mental health, physical health, and sensory needs
- Individuals who may have forensic history or forensic risk presentations
- Individuals who are detained under the Mental Health Act 1983 (amended 2007) and Code of Practice for Wales

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To discuss Cefn Carnau in more detail or to arrange a visit or make a referral please call our 24 hour referral line on **0800 218 2398** or email **referrals@elysiumhealthcare.co.uk**

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