



opening doors to a new beginning
caring for the individual

www.vistahealthcare.co.uk

opening doors

“ Our aim at Vista Healthcare is to provide the best clinical and therapeutic environment for the people in our care.

We have a team of dedicated professionals committed to meeting our aim, which is to improve the quality of life of our patients.

We are committed to working in partnership with patients, local commissioners, clinicians, and social care teams to develop a flexible, receptive and person-centred service to meet the needs of the people we serve. ”



Peter Parry
Chairman

to a new beginning

About Vista Healthcare

Vista Healthcare provides specialist care and support to people with learning disabilities, mental health issues, Autistic Spectrum Disorder and/or behaviours that challenge.

Our aim is to deliver the highest standard of patient care through assessment, treatment and rehabilitation.

Patient needs are at the forefront of everything we do at Vista Healthcare. Our person-centred approach and care pathways endeavour to give each person that comes into our care the greatest chance of leading a fulfilling and ordinary life.

Multi-Disciplinary Team

We have an excellent, experienced and caring multi-disciplinary team who are constantly developing their skills and working with individuals to achieve their personal goals.

Our multi-disciplinary team is comprised of a wide-range of professionals who have been recruited specifically to fulfil the requirements of service objectives.



Philosophy of Care

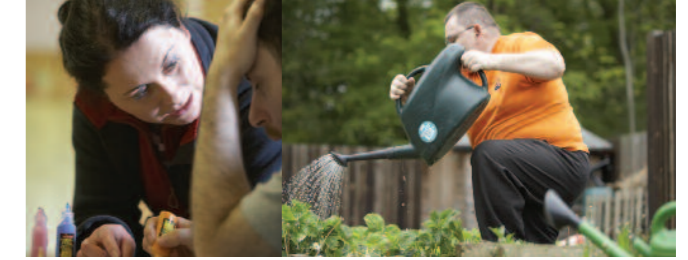
The philosophy at Vista Healthcare is to develop and deliver person-centred care that:

- is underpinned by the principles of the recovery model
- balances restrictions with personal choice and wishes
- promotes equality, dignity, freedom of choice, independence, privacy and respect for each patient
- empowers individuals
- manages risk in a positive way
- ensures effective communication by strengthening partnerships
- supports positive progression through individual care pathways

We aim to:

- place patients at the centre of our service provision
- focus on recovery and positive outcomes
- have a range of facilities that enhances patients' therapeutic development and independence
- arrange a structured assessment within 24 hours of referral
- offer services to people with formal and informal status
- ensure appropriate placements by engaging a multi-disciplinary approach to assessment and treatment
- provide services that are designed to reduce risk and empower individuals to manage symptoms
- enhance independence through skill development
- ensure that organisational learning and development is part of our culture and that a highly-trained and dedicated clinical care team is maintained
- maintain an environment conducive for both patients and staff to achieve their full potential





our services

“ Patient needs are at the forefront of everything we do at Vista Healthcare. ”

Our purpose-built facilities have capacity to accommodate 69 patients across various units. We offer a number of evidence-based treatments and therapy services for a range of conditions with learning disability and mental health diagnosis.

Our service areas include:

- Specialist Forensic Service
- Behaviours that Challenge Service
- Service for People with Autistic Spectrum Disorder
- Community-Focused Rehabilitation Service for Men
- Intensive Rehabilitation Service for Women
- Young Persons Transitional Service
- Acute/Emergency Admissions

These services are offered in a person-centred, caring and supportive manner.

Each unit provides single bedrooms with en-suite shower and toilet facilities, communal lounges, dining rooms, disabled bathrooms, secure gardens and extensive recreation and activity rooms.

1 Specialist Forensic Service

Our specialist forensic service will provide low secure in-patient services for those who have had forensic history and/or have been detained under the Mental Health Act. The unit will provide treatment packages that focus on individual patient's needs and challenges.

The service aims to use positive risk-taking techniques and a supportive therapeutic approach to assist individuals to move towards living safely back in the community. Our well-trained clinical team have had years of experience working within a forensic environment and they are able to balance patients' restrictions with personal choice and wishes.

We have specialist treatment packages for a wide range of behavioural difficulties. In addition we are able to offer in-reach services to prisons and other secure facilities.

2 Behaviours that Challenge Service

The service provides a safe and supportive treatment environment for people who are classified as exhibiting behaviours that can be described as challenging.

The service provides assessment, treatment and rehabilitation for adult men aged between 18-65 years. The service aims to address issues around behaviours that give rise to concern, both with the individual and his environment. This may include behaviours that have come to the attention of the criminal justice system or difficult to place individuals due to their presentation and management.

3 Service for People with Autistic Spectrum Disorder

The service provides a coordinated 24-hour package of assessment, treatment and rehabilitation for adult men who have a learning disability and a diagnosis of Autistic Spectrum Disorder.



The service provides specialist comprehensive services that address cognitive deficits such as communication. The unit has the services of a speech and language therapist who works alongside other clinicians and includes a sensory room to facilitate patients' therapeutic needs. The unit is also working towards accreditation by the National Autistic Society (NAS).

4 Community-Focused Rehabilitation Service for Men

The community-focused rehabilitation service for men will provide a service that bridges the gap between specialist in-patient treatment and community living.

It aims to offer men with a learning disability, who have been assessed and treated as inpatients, or are in the community and need to develop skills for independent living, an opportunity to develop their skills, build confidence and prepare for life outside hospital through the provision of an intensive skills development programme.

This programme will be for periods of 24 weeks, followed by a 6-week period of consolidation and work experience. The focus of the programme will be in achieving positive outcomes and recovery with emphasis on therapy, skills development, social development and leisure.

Much of the programme will take place within the local community using local resources and businesses to provide opportunities to experience ordinary living.

5 Intensive Rehabilitation Service for Women

The service provides a safe environment for women focusing on rehabilitation and recovery. We offer intensive rehabilitation for women who have learning disability, personality disorder or who have committed serious offences and present as a danger to themselves or others.

Our services place particular emphasis on the provision of a therapeutic environment, with high-quality clinical services that are gender-sensitive. We are mindful that many women may have had experiences involving abuse and/or other trauma.

We provide support and rehabilitate individuals by focusing on their recovery in a manner that enables future management and ongoing treatment to be of lesser concern.

Our women's learning disability service aims to consolidate and continuously improve on the progress service users have already made to reduce levels of risk and to move individuals towards community living.

6 Young Persons Transitional Service

Our transitional service cares for young people who are experiencing challenging mental illness and severe learning disability problems. We recognise the move from children to adult services can often become a difficult period in a young person's life.

The service supports young people on their journey to adult services, ensuring that individuals are moved into adult treatment programmes when it's therapeutically appropriate.



therapeutic activities

Activities play a vital role in the treatment of patients within the hospital and there is a large amount of research to support the view that high levels of activity reduce levels of behaviours that challenge. With this in mind the activity system within the hospital is a major priority for the management and clinical team and is reviewed and updated on a regular basis.

Our therapeutic development team is committed to developing the skills of our service users in a manner that is rewarding and enjoyable.

The types of activities currently available include both internal and external activities, which allow patients' time to be structured within the hospital and also allow them to access and integrate into the community on a regular basis. Each patient is assessed and has an individually-tailored activity timetable to suit their needs and values.

On-site activities include:

- Gardening
- Keep fit
- Music therapy
- Pet therapy
- Daily living skills
- Cooking
- Arts and crafts
- Current affairs
- Outdoor games/sports
- Indoor games
- Drama
- Female beauty
- Movie club
- Book club

Off-site activities include:

- Cinema
- Bowling
- Snooker
- Horse riding
- Swimming
- Shopping trips
- Walks
- Bike rides
- Meals at restaurants
- Gym



“ There is a large amount of research to support the view that high levels of activity reduce levels of challenging behaviour. ”

admissions

Admission Process

Vista Healthcare endeavours to make its referral process as straightforward and stress-free as possible.

Our business development team is on hand 24 hours a day to handle any queries you have about our services.

To make a referral or request information about our services please contact our business development team or complete the online referral form.

Acute Admission / Emergency Admission

Our specialist unit carries out assessments on entry to the hospital to ensure a comprehensive treatment plan and care pathway is in place for each patient soon after admission.

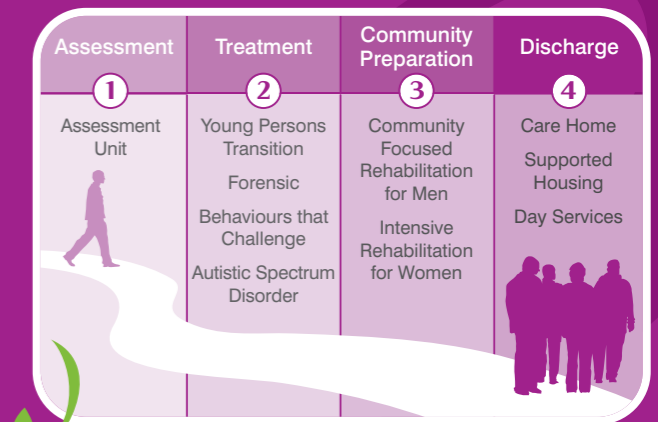
There is usually a 4-6 week assessment period for adult patients at the beginning of their care pathway through the hospital.

We offer a Section 136 suite facility for emergency assessment.

The unit can also be used to provide short-term admission to individuals who need a period of stabilisation and support.

Pathway of Care

Following admission each patient will be assessed and a subsequent **Pathway of Care** will be drawn up.



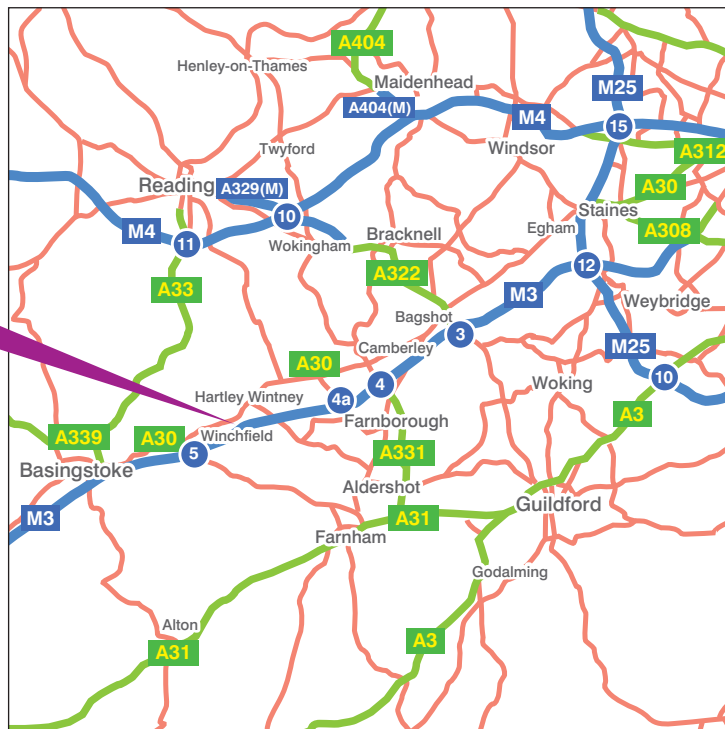
Emergency Admissions

Our emergency service is able to admit a service user with immediate effect.



EMERGENCY LINE:

07774 538588



Location

Vista Healthcare Independent Hospital is a purpose-built facility in a semi-rural setting close to the village of Hartley Wintney in Hampshire.

The towns of Reading, Bracknell, Woking and Guildford, together with the M3 and M4 motorways, are all within easy reach.

The rail network also provides local access to London and the south coast.



For further information please call **01252 845826**
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