



# Learning disabilities and autism services



# putting people first

At Look Ahead our learning disability and autism services start with the person and we are dedicated to ensuring that the people we support can fulfil their potential, achieve independence and reach their goals.

Whether it's tools for independent living, maintaining a home or learning a new skill, our focus is on increasing the level of choice and control our customers have over their own lives. We work in partnership with families, carers, commissioners and multidisciplinary teams. Our services are commissioned by local authorities and health trusts.

**We know that with the right support people with learning disabilities and autism can thrive in their community. As a housing association we can provide bespoke accommodation, where customers can really feel at home.**

As specialists in supporting people with complex needs as result of their learning disability or autism, we are experienced in finding solutions that meet a range of needs and that work for everyone.

All of Look Ahead's services have been co-designed with customers, their families and associated health and social care professionals and are backed by 20 years' experience.



local authorities  
and NHS trusts

20  
specialist  
services

350  
people a year with  
higher level needs

# why choose Look Ahead?



- Our support is person-centred.
- Our staff are trained in communication techniques including appropriate Augmentative and Alternative Communication.
- Our highly trained staff team use Positive Behaviour Support principles and Positive Relationship Management framework. Both are effective in managing behaviours that challenge.
- We offer credible alternatives to reliance on higher cost services including inpatient and out-of-borough provision.
- We offer a range of high quality accommodation options that are adapted to meet individual needs and preferences.
- Our offer of both residential and supported living services provides a step down model that empowers the people we support to increase their skills, confidence and independence.
- We use assistive technology to increase levels of independence.

# our service models

## Building the right support

At Look Ahead we are committed to meeting the ambitions outlined in the Government's Building the Right Support strategy and action plan.

Working with commissioners and clinicians, we enable people to leave hospitals and secure settings and resettle in the community.

Look Ahead's portfolio of step down services and bespoke packages of support and accommodation include the adaptation of properties which cater for small groups of people or individual care.

Nimrod House in Newham is an example of a service we offer to help meet this agenda.

## The cost of a placement at Nimrod House is 24% lower than a typical in patient placement.

This 24-hour service offers accommodation-based care and support for up to five people in self-contained flats. It provides a unique combination of registered care and supported living services.

Flats are appropriately furnished and use assistive technology to minimise risk while promoting independence. Look Ahead's dedicated staff can offer 1:1 or 2:1 support during waking hours according to need.

We are able to source or purchase properties that can be made bespoke to each person to optimise their care.

Our Single Placement Services have been developed in Hertfordshire, Kent and in Newham, East London.

For example our Linden Road service in Hertfordshire was developed by Look Ahead and provides two bungalows.

Staff offer 24-hour waking night support across the properties for two individuals with profound learning disabilities and autism.

## Registered care

We provide a number of registered care services for people with learning disabilities and additional needs.

Our Oakview service is a CQC-registered supported living project located in Stevenage, Hertfordshire, for 10 customers with learning disabilities and autism, providing a 24/7 support service.

**All of our services are outcomes focused. At Oakview, seven out of 10 customers completed a ten week healthy living course delivered by nurses from Hertfordshire's Learning Disability Team. Two customers are in training and volunteering.**

## Supported living

Look Ahead's supported living services provide anything from 24-hour support to a few hours a day. We are experienced in delivering different types of supported living including CQC registered services and core and flexi support contracts. After stepping down from residential care, or high support placements, customers live in our own properties, or in a building owned and managed by others.

Mary Jones Court in Tower Hamlets is a supported living service in Tower Hamlets for adults with low to medium level learning disabilities and autism. Customers may have additional support needs including mental and physical health issues.

It provides self-contained accommodation for 20 customers, some of which is specially adapted. The staff team is available 24 hours a day and customers typically move on after two years.

**At Mary Jones Court, 85% customers are in education, training, volunteering or work – 25% customers are in paid employment.**

## Specialist visiting support

We work with commissioners to deliver visiting support services shaped around the needs of people with learning and physical disabilities, enabling them to live safely within their own homes and maintain their independence.

## Community based day support

We also have experience of running day services providing a range of health and wellbeing, leisure and educational opportunities for individuals with varying complexity with or without carers. We work with people with wide ranging needs, attending with or without carers. We can also provide both travel training and transportation support.



Registered care

Building the right support

Supported living

Specialist visiting support

Community based day support



# who to contact

If you would like to work with us to develop bespoke solutions specific to the particular needs and challenges you face, please do not hesitate to get in touch.

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Look Ahead is a leading provider of specialist care, support and housing across London and the South East. We deliver high quality mental health, homelessness, learning disability and young people's services.

With almost 50 years of social care experience behind us we are proud to make a positive difference to the lives of the 7,000 people we support each year.

**INVESTORS IN PEOPLE™**  
We invest in people Silver



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