AEM Supported Living

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Registered Charity Number: 517954
Registered Company Number (England): 2053860
CQC Provider Number: 1-101608814

Our Vision

A world which recognises, understands and values autistic people, and where they, and their families, receive the services and support they need throughout their lives.

Our Mission

Autism East Midlands is committed to advocating for, developing and delivering high-quality services, information and support for autistic people and those whose lives are affected by autism. We work in partnership with individuals, families, professionals and communities to enable people to live fulfilling lives with dignity, choice, rights and independence.

Statement Of Purpose

Service Philosophy

All Autism East Midlands Supported Living operates in accordance with Autism East Midlands' philosophy that autistic adults should be supported to live their lives with dignity, choice, control and independence, achieving outcomes that are meaningful to them.

Our approach is based on person-centred values and strengths-based practice. We recognise that every person is unique and are committed to understanding each individual's preferences, communication style, aspirations, needs and abilities. Support is tailored to enable people to make informed decisions, develop skills, maintain relationships and participate fully in their local community.

We actively promote the principles of:

- Dignity and respect
- Choice and control
- Independence and self-determination
- Equality and inclusion
- Positive risk-taking
- Rights-based practice
- Person-centred support

About Us

Our Supported Living services are registered with the Care Quality Commission (CQC) to provide accommodation for adults who require personal care and support associated with autism, learning disabilities and associated needs.

All services provide a safe, comfortable and supportive environment where people can develop their independence, achieve personal goals and enjoy a good quality of life. Individuals are encouraged and supported to be actively involved in decisions about their care, support and future aspirations.

The service aims to:

- Deliver safe, effective and person-centred care.
- Promote independence, wellbeing and positive life outcomes.
- Enable individuals to make choices and exercise control over their daily lives.
- Support people to maintain and develop relationships with family, friends and the wider community.
- Promote physical, emotional and mental wellbeing.

- Encourage community participation, education, employment and meaningful activities where appropriate.
- Ensure individuals are treated with dignity, respect and compassion at all times.

Specialist Support

Our Supported Living benefits from access to Autism East Midlands' internal Positive Behaviour Support Teams.

These professionals work alongside individuals, staff teams, families and external agencies to provide specialist support, guidance and interventions that promote positive outcomes and enhance quality of life.

Where required, individuals are also supported to access external health and social care professionals, including GPs, community learning disability teams, psychiatrists, social workers, advocates and other specialist services.

Person-Centred Care and Support Planning

Each person living with us has a personalised support plan developed in partnership with them and, where appropriate, those important to them.

Support plans reflect the individuals:

- Communication needs
- Health and wellbeing requirements
- Personal preferences
- Cultural and spiritual needs
- Social and relationship goals
- Independence objectives
- Risks and safeguarding considerations

Positive Behaviour Support (PBS) approaches are embedded throughout the service to promote wellbeing, enhance quality of life and reduce behaviours of concern through proactive and therapeutic support strategies.

Communication and Assistive Technology

Effective communication is fundamental to the support we provide. Individuals are supported using a range of communication methods tailored to their needs, including:

- Visual supports
- Signs and symbols

- Objects of reference
- Social stories
- Talking Mats
- Picture communication systems
- Digital and assistive technologies

These approaches help individuals express preferences, communicate choices and participate actively in decisions about their lives.

Promoting Independence and Positive Risk Taking

We are committed to enabling individuals to take informed and positive risks as part of living an independent and meaningful life. Risk assessments are person-centred, proportionate and designed to balance safety with the individual's right to choice and autonomy.

People are supported to develop everyday living skills, access community activities, maintain relationships, pursue hobbies and achieve personal goals.

Safeguarding and Human Rights

We are committed to safeguarding adults from abuse, neglect and discrimination. We work closely with local authorities, healthcare professionals and safeguarding partners to ensure people remain safe whilst maintaining their rights and freedoms.

Our practice is underpinned by:

- The Care Act 2014
- The Mental Capacity Act 2005
- Deprivation of Liberty Safeguards (DoLS)
- Human Rights Act 1998
- Equality Act 2010
- CQC Fundamental Standards

Where appropriate, individuals are supported to access advocacy services, including Independent Mental Capacity Advocates (IMCAs), to ensure their voice is heard and their rights are protected.

Staffing

Our services employs a skilled, trained and compassionate workforce committed to delivering high-quality care and support. Staff receive specialist autism training, safeguarding training and ongoing professional development to ensure that support remains responsive, evidence-based and aligned with best practice.

Quality Assurance

The service is committed to continuous quality improvement and seeks feedback from people using the service, families, professionals and stakeholders. This feedback is used to develop and improve services, ensuring that our services continues to meet the needs of the people it supports and complies with all relevant regulatory requirements.

Our Commitment

We are committed to creating a supportive environment where autistic adults and people with learning disabilities are valued, respected and empowered to live the lives they choose. Through person-centred support, specialist expertise and a culture of dignity, respect and inclusion, we strive to help every individual achieve their potential and enjoy a meaningful, fulfilling life.

Referral, Assessment, Admission and Transition

Our Supported Living service aims to ensure that all admissions are appropriate, safe and person-centred. Information about the service is available to help prospective individuals, families and professionals decide whether the service can meet their needs.

All referrals are subject to an assessment of the individual's needs, strengths, risks and support requirements. Admissions will only be offered where we can meet the person's needs and support positive outcomes.

Final decisions regarding admissions are made by Autism East Midlands' Admission Panel.

Where a placement is agreed, a personalised transition plan will be developed. This may include visits to the service, meeting staff and residents, and overnight stays where appropriate, to support a smooth and successful transition into the home.