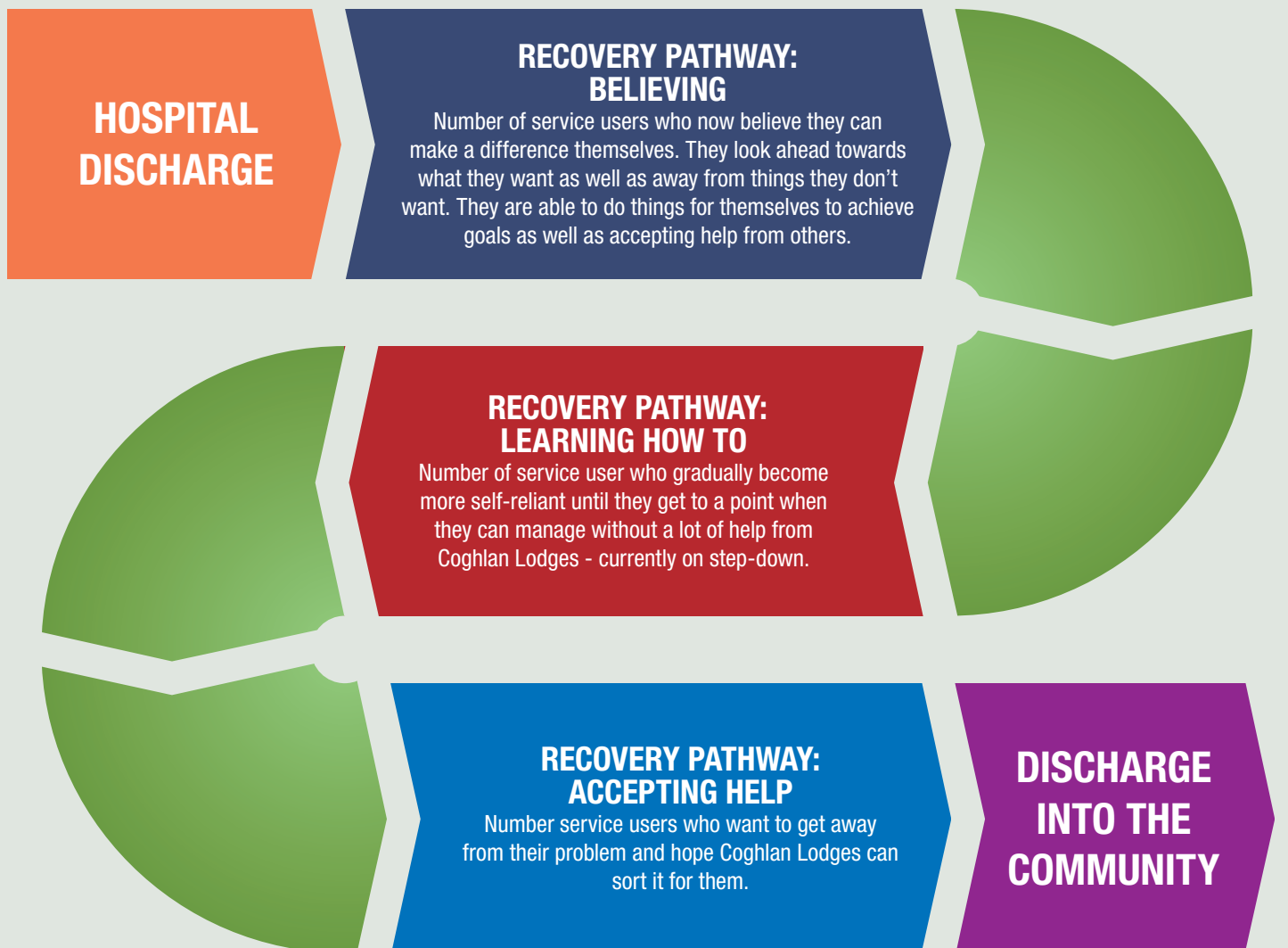




COGHLAN LODGES

SLOUGH RECOVERY PATHWAY



COGHLAN LODGES RECOVERY PLAN

SERVICE USER recovery plan will focus on a **Person Centre Approach** by:

- Supporting **SERVICE USERS** to manage their health and care in order to improve their mental state
- Ensuring **SERVICE USERS** plays a more collaborative role in managing their health and care, hence having ownership of their day-to-day living
- **SERVICE USERS** to have an opportunity and support to make decisions about their care and treatment in partnership with health professionals

HOW THIS PLAN IS GOING TO BE IMPLEMENTED

- By ensuring that **SERVICE USERS** will adhere to their Treatment Plan
- Close monitoring of **SERVICE USERS** daily activities
- Ensuring reviews of their care are done on a weekly basis
- Therapeutic 1:1 Session with Key worker and RMN
- Ensuring adherence to Licence agreement and House Rules

RECOVERY PATHWAY WILL BE MONITORED THROUGH

	Action Plan	Goals	Frequency
Independent Living Skills	<p>Key-worker to come up with a weekly schedule:</p> <ol style="list-style-type: none"> For cooking sessions: <ul style="list-style-type: none"> ■ drafting a cooking menu ■ shopping for cooking items Cleaning cooking items & bedroom/house <ul style="list-style-type: none"> ■ drafting a cleaning rota for the house ■ how to clean cooking utensils Laundry <ul style="list-style-type: none"> ■ Laundry schedule for the week 	<p>Key-worker 1:1 Cooking session with Staff</p> <p>1:1 Keyworking Sessions</p> <p>To teach SERVICE USER how to clean the house and best way of cleaning cooking utensils</p> <p>To show SERVICE USER the best way of doing laundry - separating coloured clothes, white etc</p>	Twice a week
Vocational Skills	<p>Life skills - enrolment to HOPE COLLEGE</p> <ul style="list-style-type: none"> ■ Staff to support SERVICE USER to choose a college course of choice 	Staff to ensure SERVICE USER is supported to chose the right college course at the right time - Hope college as preferred college	Weekly
Therapeutic 1:1 Session	<p>1:1 Key working sessions</p> <ul style="list-style-type: none"> ■ Activities- community based activities like Roller Skirting. Staff to escort SERVICE USER to identify the nearest place for Community based activities: ✓ Recovery Team Life Skill Pathway - HOPE 	<p>1:1 Key working sessions</p> <ul style="list-style-type: none"> ■ To ensure SERVICE USER engages in the community based activities 	Weekly
	<p>COLLEGE</p> <ul style="list-style-type: none"> ■ Age concern ■ Walking sessions ■ Shopping ■ Personal Hygiene- staff to encourage SERVICE USER to attend to her personal hygiene on regular basis ■ Finances- to engage SERVICE USER and to concertize him/her on the best ways of managing his/her finances 		
Mental Health Recovery	<p>1:1 Session with In-house RMN</p> <ul style="list-style-type: none"> ■ Mental state ■ Rehabilitation pathways - 1:1 sessions 	<p>1:1 Session with In-house RMN</p> <ul style="list-style-type: none"> ■ SERVICE USER to be encouraged to engage in 1:1 Therapeutic sessions 	Weekly
Concordance with Treatment	<ul style="list-style-type: none"> ■ Adherence to Care plan ■ Adherence to Treatment plan 	To ensure SERVICE USER complies with his/her medication to reduce chances of mental relapse	On going
Finding Volunteering place	Therapeutic work placements	To target introducing SERVICE USER to work placements at the most appropriate and conducive time.	If applicable

COGHLAN LODGES OFFERS STEP-DOWN FACILITY

**GOOD
RELATIONSHIPS**

**FINANCIAL
SECURITY**

**DEVELOPING
RESILIENCE TO
POSSIBLE ADVERSITY
OR STRESS IN THE
FUTURE**

- ✓ Self contained flats
- ✓ Housing on a sliding scale
- ✓ Person Centred Approach
- ✓ Clean and safe living environment
- ✓ Well trained support team

**SATISFYING
WORK**

**THE RIGHT LIVING
ENVIRONMENT**

**DEVELOPING ONE'S
OWN CULTURAL
OR SPIRITUAL
PERSPECTIVES**



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