COGHLAN LODGES

RECOVERY PATHWAY

HOSPITAL DISCHARGE

RECOVERY PATHWAY: BELIEVING

Number of service users who now believe they can make a difference themselves. They look ahead towards what they want as well as away from things they don't want. They are able to do things for themselves to achieve goals as well as accepting help from others.

RECOVERY PATHWAY: LEARNING HOW TO

Number of service user who gradually become more self-reliant until they get to a point when they can manage without a lot of help from Coghlan Lodges - currently on step-down.

RECOVERY PATHWAY: ACCEPTING HELP

Number service users who want to get away from their problem and hope Coghlan Lodges can sort it for them.

DISCHARGE INTO THE COMMUNITY
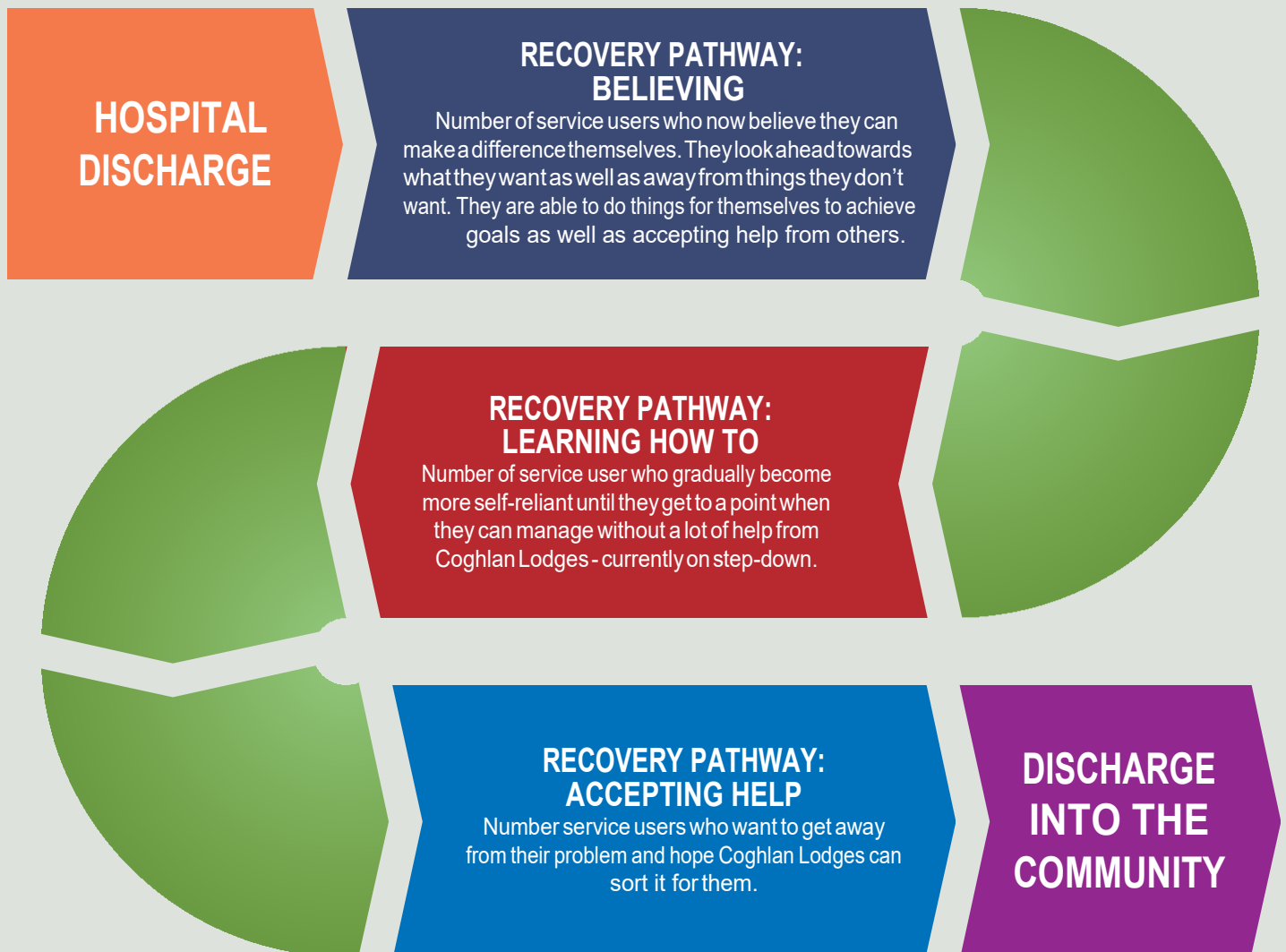
COGHLAN LODGES RECOVERY PLAN

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

n Supporting **SERVICE USERS** to manage their health and care in order to improve their mental state

n Ensuring **SERVICE USERS** plays a more collaborative role in managing their health and care, hence having ownership of their day-to-day living

n **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

n By ensuring that **SERVICE USERS** will adhere to their Treatment Plan

n Close monitoring of **SERVICE USERS** daily activities

n Ensuring reviews of their care are done on a weekly basis

n Therapeutic 1:1 Session with Key worker and RMN

n Ensuring adherence to Licence agreement and House Rules

RECOVERY PATHWAY WILL BE MONITORED THROUGH

	Action Plan	Goals	Frequency
Independent Living Skills	Key-worker to come up with a weekly schedule: 1. **For cooking sessions:** n drafting a cooking menu n shopping for cooking items 2. **Cleaning cooking items & bedroom/house** n drafting a cleaning rota for the house n how to clean cooking utensils 3. **Laundry** n Laundry schedule for the week	Key-worker 1:1 Cooking session with Staff 1:1 Keyworking Sessions To teach SERVICE USER how to clean the house and best way of cleaning cooking utensils To show SERVICE USER the best way of doing laundry - separating coloured clothes, white etc	Twice a week
Vocational Skills	Life skills - enrolment to **HOPE COLLEGE** n 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	1:1 Key working sessions n 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	1:1 Key working sessions n To ensure SERVICE USER engages in the community based activities	Weekly
	COLLEGE n Age concern n Walking sessions n Shopping n Personal Hygiene- staff to encourage SERVICE USER to attend to her personal hygiene on regular basis n Finances- to engage SERVICE USER and to concertize him/her on the best ways of managing his/her finances		
Mental Health Recovery	1:1 Session with In-house RMN n Mental state n Rehabilitation pathways - 1:1 sessions	1:1 Session with In-house RMN n SERVICE USER to be encouraged to engage in 1:1 Therapeutic sessions	Weekly
Concordance with Treatment	n Adherence to Care plan n 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

www.coghlanlodges.co.uk
Email:
management@coghlanlodges.co.uk

Tel: **01753 535 921**
Mob: **07468337096 / 07423793560**