

## Service Users



All of our service users are young adults in the age range 18-45 and have Autistic Spectrum Conditions. They are very much individuals with abilities stretching right across the spectrum and as such need tailored support to achieve their personal goals.

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Although Bangeston Hall is the largest specialist resource for residential care for adults with Autism and Asperger's Syndrome in Wales, the majority of our service users come from outside the Principality.

We currently contract with the following local authorities:

- Birmingham
- Bucks
- Richmond
- Cheshire
- Nottingham
- Ceredigion
- Shropshire
- Essex
- Lewisham
- Gibraltar

### How To Make A Referral

- Contact us for an informal discussion regarding suitability.
- Visit Bangeston Hall to see if what we offer is what you are looking for.
- A clinical assessment carried out by Bangeston Hall staff at the service users current residence.
- A report produced detailing assessed needs and potential programme of support and activities.
- Costing produced based on the results of the assessment agreed programme of support and activities.
- Transition plans worked out and agreed with all parties
- Admission
- Ongoing Review and Assessments

***Clinical assessments are offered free of charge to care professionals.***

You can contact us by phone on 01646 682564 or by email at [info@bangestonhall.net](mailto:info@bangestonhall.net)

## Leisure and Recreation



As far as possible we encourage our service users to access the local facilities and they regularly go horse riding, cycling, swimming, spa sessions, ten-pin bowling, cinema and, of course, the local pub is inevitably very popular.

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Pembrokeshire is a haven of leisure activities and we are continually exploring new options for service users to access.

To get a flavour of what Pembrokeshire has to offer try the following links:

[www.visitpembrokeshire.com](http://www.visitpembrokeshire.com)

[www.pcnpa.org.uk](http://www.pcnpa.org.uk)

[www.preseliventure.co.uk](http://www.preseliventure.co.uk)



Each Service User is encouraged to grow and develop new skills at their own pace, everyone has their own individual programme of activities that they follow for the working week.

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## Learning for Life

The programmes that we offer are varied but most will include common elements such as communication skills, living skills, horticulture, workshops and gardening. Other options will include speech therapy, music, art and aromatherapy.

All of our learning for life programmes aim to:

- Encourage person centred learning
- Enable individuals to learn through experience
- Encourage a wide range of skill development
- Challenge individuals to achieve
- Reward success

This year Bangeston Hall Day Services are running the ASDAN Preparatory Awards Programme - *Towards Independence*.

*Towards Independence* presents a framework of activities through which personal, social and independence skills can be developed and accredited for adult learners with moderate, severe, and profound learning difficulties.

The initial module *Starting Out* is mandatory and provides the opportunity for the individual to be helped to recognise achievements and identify learning challenges and targets. These targets are then developed through a chosen *Towards Independence* module.

The modules being presented by Bangeston Hall this year are:

- Horticulture – covering activities such as getting ready to work in the garden; using tools safely; growing seeds and plants both indoors and outdoors; and keeping the garden tidy.
- Everyday Living – covering activities such as myself and others; in the home; during the day; and out and about.
- Art – which includes using different tools; mixing colours; copying outlines and colours; using black and white print, making collage; and taking part in a mini enterprise scheme.
- Sound Rhythm & Music – which includes listening to sounds, using a tape recorder/CD player; making sounds with your body; making rhythms; playing percussion; using your voice; singing together; and listening to music.

Whilst ASDAN is not suitable for all our service users the majority are currently taking part in at least one or more of the above modules.





Pembrokeshire has been designated an area of outstanding natural beauty (AONB) and Bangeston Hall is situated in seven acres of grounds on the edge of Pembrokeshire National Park.

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### Stockwell Road

Stockwell Road is our newest development close to the centre of Pembroke Dock and has been built to our specific standards. It has four large bedrooms and extends over three floors.

The lower ground floor has a lounge area, two bedrooms and access onto the rear garden which include a seating and horticulture area.

The ground floor has a modern, fresh kitchen with all mod cons, a dining area and large lounge. The first floor has two bedrooms. There are spectacular views from almost every room over the Cleddau Estuary and Cleddau Bridge

### The Main House

The Main House is our largest building and boasts over 2000 sq ft of shared living space meaning the Service Users who reside here have ample space to move around and the ability to be away from others if they wish.

There are two lounge areas, one with media facilities and the other focused on relaxing.

There is also a large dining area and a grand conservatory which has french doors leading onto a patio area which is mostly enjoyed in the warmer months.

The House has 7 bedrooms, average size 300 sq ft, each individually designed and furnished to the specific requirements of the service users and can include their own custom built beds and furniture. There is also a self contained flat attached to the House for a more independent or reclusive service user.

### The Cottage

The Cottage has three custom designed bedrooms and is a fully self contained detached property with its own private garden and decking area. The cottage environment suits those who require a slightly more homely situation with less people around.

As with the other accommodation areas there is a main lounge, dining area and separate kitchen and also separate chill-out spaces as required.

### The Lodge

The Lodge is a property located at the rear of the main house.

It is all on one level and includes 5 good sized bedrooms, individually designed with en-suite facilities and each one has its own door leading onto the patio area. The Lodge also has a spacious open plan dining room with separate kitchen area and lounge plus a small chill-out lounge.

All of our properties have a specifically designated mini-bus enabling Service Users to participate in activities wherever possible.



# Autism Definitions

The term Autistic Spectrum Disorder is used because there is great variation in the condition from person to person depending on the severity and combination of each area of impairment.

## Classic Autism

In Classic Autism the impairments in the social and communication areas are severe and sustained. The person is often anxious, has poor attention and motivation, responds unusually to many different stimuli and is observed as being 'different' from others. Speech is limited, or largely absent, and there is likely to be a degree of intellectual impairment.

There is a strong reliance on routine and the person can have a number of ritualistic behaviours. Classic Autism is also sometimes referred to as Kanner Autism.

People with Classic Autism often exhibit a range of difficulties including:

Severe anxiety, fears and phobias, challenging behaviour, self injurious behaviour, interpersonal violence, inappropriate sexual behaviour, extreme passivity, repetitive speech expression of needs and nothing else.

## Asperger Syndrome

What distinguishes Asperger's Syndrome from Classic Autism is the severity of the symptoms and the absence of language delays. People with Asperger's Syndrome may be only mildly affected and frequently have good language and cognitive skills. To the untrained observer, a person with Asperger's Syndrome may just seem like a normal person behaving differently.

People with autism are frequently seen as aloof and uninterested in others. This is not the case with Asperger's Syndrome. Individuals with Asperger's Syndrome usually want to fit in and have interaction with others; they simply don't know how to do it. They may be socially awkward, not understanding of conventional social rules, or show a lack of empathy. They may have limited eye contact, seem to be unengaged in a conversation, and not understand the use of gestures.

Interests in a particular subject may border on the obsessive. People with Asperger's Syndrome frequently like to collect categories of things such as comics, car parts or electronic gadgets. Whilst they may have good rote memory skills, they invariably have difficulty with abstract concepts.

One of the major differences between Asperger's Syndrome and Classic Autism is that, by definition, there is no speech delay in Asperger's. In fact, people with Asperger's Syndrome frequently have good language skills; they simply use language in different ways. Speech patterns may be unusual, lack inflection or have a rhythmic nature, or it may be formal, but too loud or high pitched. People with Asperger's Syndrome may not understand the subtleties of language, such as irony and humor, or they may not understand the give-and- take nature of a conversation.

Another distinction between Asperger's Syndrome and Classic Autism concerns cognitive ability. While the majority of individuals with Classic Autism experience intellectual impairment, by definition a person with Asperger's Syndrome cannot possess a "clinically significant" cognitive delay and most possess average to above average intelligence.

# Top 10 Facts About Autism

Parents of people with autism quickly discover the top autism facts. But what about in-laws, teachers, neighbours, and cousins? Few people outside the immediate family really want to read 20 closely-written pages from text books, so here is a quick read to bring you up to speed.

## 1. Autism Is a 'Spectrum' Disorder

People with autism can be a little autistic or very autistic. Thus, it is possible to be bright, verbal, and autistic as well as intellectually challenged, non-verbal and autistic. A disorder that includes such a broad range of symptoms is often called a spectrum disorder; hence the term "autism spectrum disorder." The most significant shared symptom is difficulty with social communication (eye contact, conversation, taking another's perspective, etc.).

## 2. Asperger Syndrome is a High Functioning Form of Autism

Asperger Syndrome (AS) is considered to be a part of the autism spectrum. The only significant difference between AS and High Functioning Autism is that people with AS usually develop speech right on time while people with autism usually have speech delays. People with AS are generally very bright and verbal, but have significant social deficits (which is why AS has earned the nickname "Geek Syndrome").

## 3. People With Autism Are Different from One Another

If you've seen Rainman or a TV show about autism, you may think you know what autism "looks like." In fact, though, when you've met one person with autism you've met ONE person with autism. Some people with autism are chatty; others are silent. Many have sensory issues, gastrointestinal problems, sleep difficulties and other medical problems. Others may have social-communication delays - and that's it.

## 4. There Are Dozens of Treatments for Autism - But No 'Cure'

So far as medical science is aware, there is at present no cure for autism. That's not to say that people with autism don't improve, because many improve radically. But even when people with autism increase their skills, they are still autistic, which means they think and perceive differently from most people. People with autism may receive many types of treatments. Treatments may be biomedical, sensory, behavioral, developmental or even arts-based. Depending upon the person, certain treatments will be more successful than others.

## 5. There Are Many Theories on the Cause of Autism, But No Consensus

You may have seen or heard news stories about possible causes of autism. Theories range from mercury in infant vaccines to genetics to the age of the parents to almost everything else. At present, most researchers think autism is caused by a combination of genetic and environmental factors - and it's quite possible that different people's symptoms have different causes.

## 6. People Don't Grow Out of Autism

Autism is a lifelong diagnosis. For some people, often (but not always) those who receive intensive early intervention, symptoms may decrease radically. People with autism can also learn coping skills to help them manage their difficulties and even build on their unique strengths. But a person with autism will probably be autistic throughout their lives.

## 7. Families Coping with Autism Need Help and Support

Even "high functioning" autism is challenging for parents. "Low functioning" autism can be overwhelming to the entire family. Families may be under a great deal of stress, and they need all the non-judgemental help they can get from friends, extended family, and service providers. Respite care (someone else taking care of the person with autism while other family members take a break) can be a marriage and/or family-saver!

## 8. There's No 'Best School' for a Child with Autism

You may have heard of a wonderful "autism school," or read of a child doing amazingly well in a particular type of classroom setting. While any given setting may be perfect for any given child, every child with autism has unique needs. Even in an ideal world, "including" a child with autism in a typical class may not be the best choice. Decisions about autistic education are generally made by a team made up of parents, teachers, administrators and therapists who know the child well.

## 9. There Are Many Unfounded Myths About Autism

The media is full of stories about autism, and many of those stories are less than accurate. For example, you may have heard that people with autism are cold and unfeeling, or that people with autism never marry or hold productive jobs. Since every person with autism is different, however, such "always" and "never" statements simply don't hold water. To understand a person with autism, it's a good idea to spend some time getting to know him or her - personally!

## 10. Autistic People Have Many Strengths and Abilities

It may seem that autism is a wholly negative diagnosis. But almost everyone on the autism spectrum has a great deal to offer the world. People with autism are among the most forthright, non-judgemental, passionate people you'll ever meet.

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## Sample Programme

	07:00-09:00	09:00-10:30	10:30-12:00	13:00-14:30	14:30-16:00	Evening	Night
MONDAY	Morning routine	Horticulture	Horticulture	Communication Skills	Living Skills	Free time / social activities /Aromatherapy	Nightly routine
TUESDAY	Morning routine	Horticulture	Horticulture	Communication Skills	Living Skills	Free time / social activities	Nightly routine
WEDNESDAY	Morning routine	Pembroke college	Pembroke college	Pembroke college	Pembroke college	Free time / social activities / Pub Quiz	Nightly routine
THURSDAY	Morning routine	Workshop	Workshop	Communication Skills	Music Therapy	Free time / social activities/ Horseriding	Nightly routine
FRIDAY	Morning routine	Shopping	Lunch preparation	Communication Skills	Art	Free time / social activities	Nightly routine
SATURDAY	Morning routine	Go to Haverfordwest	Go to Haverfordwest	Weekend Programme	Weekend Programme	Free time / social activities / Pub Visit to	Nightly routine
SUNDAY	Morning routine	Weekend Programme	Weekend Programme	Walking	Walking	Free time / social activities	Nightly routine

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