



St. Joseph's Mental

Handicap Services

Development Report

**REGIONAL LIBRARY AND
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January 1998

**EASTERN HEALTH BOARD
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INTRODUCTION

The Mental Handicap Services are undergoing change and decentralisation as progress is made in replacement of institutional based care with care in the community. This change in philosophy towards a community care approach has been brought about through the principles of "integration/normalisation" as enshrined in the Health Strategy in the context of health gain and social gain.

It is the policy of the Eastern Health Board to provide a comprehensive integrated community service to all individuals with a mental handicap. The elements of this service include residential, respite, day, vocational education and health and home support services provided by a multi-disciplinary team.

The policy framework for the development of the mental handicap service in St. Ita's Hospital is set out in the three reports below which have been adopted by the Board:

Mental Handicap Services, St. Ita's Hospital - Present and Future (1993) - Appendix I;
St. Ita's Mental Handicap Service Development Programme 1997/1998 (1997) - Appendix II, and
St. Ita's Mental Handicap Service, Development Proposals to the Year 2000 (1997) - Appendix III.

The priority overall for delivery of mental handicap services are shaped by other significant reports set out below:-

A Strategy of Equality - Commission on the Status of People with Disabilities.

Needs and Abilities - Department of Health 1990

Services to Persons with a Mental Handicap - An Assessment of Need 1997 - 2001 Department of Health.

St. Joseph's Mental Handicap Service Development - St. Ita's Hospital October 1997

Shaping A Healthier Future - Department of Health

In addition 7 major submissions was made by our Board to the Department of Health are set out in Appendix I.

CURRENT SERVICE PLACES

The Eastern Health Board has developed a range of residential and day services for persons with mental handicap. Overall the Board along with the voluntary agencies provide residential services for just under 2,600 persons with mental handicap in the Eastern Health Board region, of this total the Board provides **505 residential places**. There are 344 out of 505 residential

places situated on the campus of St. Ita's. 329 residents are accommodated in ward units and 15 in group homes on campus.

Clients may move between facilities in accordance with their particular care needs. In this context clients will be admitted to the facilities most appropriate to their needs on admission and very often admission may be to St. Ita's to facilitate assessment and the putting in place of individual care plans.

ST. ITA'S MENTAL HANDICAP SERVICE DEVELOPMENT PROGRAMME

- **Pre 1997**

In 1993 our Board adopted a development plan "**Mental Handicap Services St. Ita's Hospital, Present and Future**". The main recommendations of this plan were to improve the staffing and skill mix within the mental handicap services and upgrade programmes of day services and therapies. A considerable programme has been put in place since 1993 to enhance the multi-disciplinary team in St. Ita's by the recruitment of para-medical staff along with nurse training developments.

Further details are contained in the **St. Joseph's Learning Disability Residential and Community Progress Report, January 1998**, which is also enclosed.

- **1997/1998**

In March 1997 our Board adopted a further development plan "**St. Ita's Mental Handicap Service, Development Proposals 1997/1998**".

These developments will effect the transfer of 50 residents from St. Ita's in the current year which will permit the phasing out of units F, K, and H, and in addition the provision of 17 places for clients admitted from the community.

The developments below (i - vi) will permit the transfer of 50 clients from the wards and 17 admissions from the community waiting list as follows:-

- (i) *Hilltop House, Naul*, opened on 9th August 1997 accommodating 7 clients.
- (ii) *Pink House (St. Ita's campus)* accommodating 7 clients. Opened August 5th 1997 as a day service.
- (iii) *Glebe House, Malahide Road, Swords*, opened in November 1997 to accommodate 7 clients on a day basis.
- (iv) *Hawthorns, Stillorgan*, will accommodate a total of 30 clients. The transfer of clients will take place between mid December 1997 and early 1998.

Full operation of ii, iii and iv will provide for closure of units F, K, H.

- (v) 6 elderly clients from St. Ita's who have been identified with specific needs will transfer to more appropriate nursing home accommodation.
- (vi) 4 clients have been admitted to Ballyboden. 6 places have yet to be filled in Ballyboden.

The phase out of Units F, K, H will reduce the ward population from 227 to 177 by the end of 1997/early 1998.

The capital cost of these developments to date is £2.400m. The total revenue costs of these developments is £1.600m. This is being funded from the re-allocation of staff and resources from St. Ita's amounting to £0.900m and additional revenue of £0.700m has been allocated by the Department of Health.

- **1998**

The above plan further provides for the development of a cluster bungalow complex at **Clonmethan, Oldtown, Co. Dublin** in 1998 to accommodate 30 clients (24 from St. Ita's and 6 from the community).

The development of the Clonmethan Centre will allow for the closure of Unit J at St. Ita's (24 places).

- The **planning brief** for this development has been completed and has been forwarded to the architect to advance planning permission.
- Expected date of completion is **Autumn 1998**.
- The opening of the Clonmethan Complex will further reduce the ward population by 24 to 153.
- Capital funding of £1.8m has been allocated through the capital development programme known as the "Roundwood Agreement". This is funded jointly by the Department of Health and the Board. The Board has contributed funding from the sale of property and lands surplus to requirements. The revenue costs will be £1.100m of which £0.375 will be transferred from St. Ita's with the closure of Unit J, leaving a net revenue requirement of £0.725m.
- Planning permission was applied for on 19th December 1997.

1999 and Beyond

In **September 1997** the Board adopted a further development plan for St. Ita's Mental Handicap Services, "**St. Ita's Mental Handicap Service Development Proposals to the Year 2000**". This plan provides for the development of five purpose built village complexes of 30 places (five six bed units). Three village complexes will be located in the community on the

Northside of Dublin where there is an under provision of places relative to the Southside of Dublin. One will be located in the community on the Southside of Dublin and one will be located in the grounds of St. Ita's Hospital. In total this will provide 150 places.

Assuming that capital and revenue funding was available immediately it would be possible to plan and construct the 5 units and have them ready for commissioning during the year 2000.

The total estimated capital cost of the five units is £10.000m (October 1997 prices). The total running costs will be £6.000m (October 1997 prices). £3.475m will be available by the transfer of funding currently being spent in St. Ita's.

The transfer of resources from St. Ita's to facilities being developed in the community can only be effected by the closure of a ward unit in total. Economies of scale cannot be achieved by creating or allowing places to become vacant in a ward, because of:-

- minimum care staffing cover required over 24 hour period and
- the necessity to provide therapeutic/household support staff together with overheads

It is important to note that pressure to respond to crisis is ongoing and it is very difficult to refuse an admission from the community where there is a vacant place in a ward in St. Ita's hence the necessity to balance ward closures with new developments.

In the event of the funding not being available to advance the 5 village complexes simultaneously, development on a phased basis can be considered.

If phasing in of the new developments is opted for a significant investment will be required to maintain the existing ward accommodation at an acceptable standard pending the move to new locations. There would also be exceptional overheads incurred in maintaining utility services in A, B and C whilst they are being vacated over the 3 year period.

This development plan will complete the relocation of residents from unsuitable accommodation whilst also providing a quality living and therapeutic environment for the 150 or so clients who will remain on the campus. The St. Ita's campus will then have accommodation for 156 clients; more modern residential units, 11, 12 and 13 - (59 existing), Village Complex (30 new) and Houses on the Campus (67 existing).

The developments will also enhance the health and social gain of the Board's mental handicap service and bring it in line with the Department of Health and Health Board policy.

The Capital and Revenue funds for St. Joseph's Mental Handicap Services, since 1993 is set out in Appendix II.

APPENDIX I

MAJOR SUBMISSIONS TO DEPARTMENT OF HEALTH SINCE MID 1980'S
IN RESPECT OF THE EASTERN HEALTH BOARD MENTAL HANDICAP SERVICES

- (a) Proposals for change (1987) in relation to Mental Handicap Services in the Eastern Health Board.
- (b) Our Board's submission to Department of Health in relation to capital priorities proposals May 1990. This was accompanied with a proposal by our Board for a phased realisation of the value of certain assets.
- (c) Our Boards response to the Programme for Economic and Social Progress (PESP).
- (d) Our Board's response to the Green Paper on Mental Health.
- (e) Mental Handicap Services St. Ita's Hospital - present and future 1993.
- (f) St. Ita's Mental Handicap Development Programme 1997/1998.
- (g) St. Ita's Mental Handicap Service Development Proposal in year 2000.

APPENDIX II

St. Joseph's Learning Disabilities Service

Capital / Revenue Developments 1993 - 1997

Hospital

1993

In 1993 the Dept of Health allocated £250,000 Capital to assist in the upgrading of services within the hospital. This enabled Unit E to be closed and substantial refurbishment of Unit B (Male) to provide residential facilities for 14 seriously disturbed residents. Substantial upgrading was also carried out in Unit A (Female), Unit B and the residences on the hospital campus consisting of Rushbrook House, St. Joseph's and St. Vincent's. The cost of these developments was supplemented by £50,000 from the Board's own resources.

1994

A further £100,000 capital and £219,000 revenue was provided by the Dept of Health to further upgrade the hospital facilities and to increase staffing levels. The capital allocation was used to fund major restructuring of Unit 11 and ongoing upgrading of the ABC Block and Unit 12. The Board also contributed £100,000 from its own resources to assist in these developments.

The revenue allocation was used to set up a Multi-Disciplinary Team consisting of:

- Day Services Manager
- Senior Psychologist
- Psychologist (Basic Grade)
- Senior Occupational Therapist
- Occupational; Therapist (Basic Grade)
- Resource Officer (Counselling, Pastoral Care, etc)
- Speech Therapist
- Physiotherapist
- Behavioural Nurse Therapists (2 posts)

With the above additional staff in place a substantial impact has been made to the quality and range of day and recreational activities for our residents.

A further £140,000 revenue was provided for the relocation of 29 residents from St. Ita's to more appropriate accommodation as follows:-

St. Clare's Nursing Home	20 residents
Sunbeam House	9 residents

1995

A total of £170,000 was made available this year for upgrading works and purchase of furniture and equipment as follows:-

Capital allocation from Dept of Health	£100,00	for upgrading works
“ “ “ “	£50,000	for purchase of furniture and equipment
From Board's own resources	£20,000	for upgrading works.

1996

The Dept of Health provided a further £250,000 capital this year for upgrading works in the hospital. This enabled a substantial number of areas throughout the hospital to be painted (at a cost of £160,000), also upgrading works, e.g. repair of lift, provision of Jacuzzi, window repair, floor covering and tiling and provision of safe room. This allocation was further supplemented by an allocation of £42,000 from the Board's own resources, which facilitated the upgrading of Unit J kitchen, Rushbrook House, Unit 13 and Wayside House.

A listing of the unit/residences etc upgraded is set out on attached.

1997

A further £150,000 capital and £50,000 revenue was allocated by the Dept of Health for further upgrading of hospital units and residences and the purchase of furniture and equipment. This work is currently in train. Up to 50% of the capital allocation (£75,000) has been allocated for the substantial upgrading of Unit 11.

New Community Residences (Glebe, Hilltop and Pink House)

Apart from the capital cost of acquiring these community residences, which is included in the £2.4 m capital cost of developments to date, a further £170,000 has been expended in upgrading, fire safety works, fitting out and equipping these residences to a high standard. This was funded by a capital allocation of £250,000 from the Dept of Health, which also provided for the fitting out and equipping of the Hawthorns complex on the southside, in addition to an allocation of £70,000 from the Board's own resources.

Upgrading Works 1996

(Capital Allocation of £250,000)

(a) Painting, floor covering, tiling, window repairs:

Units A (Male & Female), Unit B (Female),
Unit C (Male and Female), Unit J, Unit F, Unit H,
Unit K, Unit B, St. Vincent's, Fernlodge, Wayside.
Stairwells ABC Block, selected corridors (painting),
Rushbrook House, Unit R & Unit S.

(b) Upgrading of heating system:

Unit R & Unit S.

(c) Provision of Jacuzzi facility and related equipment (hoist, etc).

(d) Provision of Safe Room in Unit A (Male).

(e) Major upgrading of passenger lift in ABC Block.

Report on St. Joseph's Mental Handicap Services

Capital Developments 1993 - 1997

Special Allocations from the Dept of Health

Summary

St. Ita's Hospital Campus

1993	Upgrading of House 19 - 24 for use as hostel (St. Joseph's); Rushbrooke House	£250,000
1994	Upgrading Unit 11, ABC Block Personal Alarm System (ABC Block)	£120,000
1995	(a) Upgrading Units 11, 12, R, Rushbrooke House, Cuan Ide (Lusk) Development of Basic Training Unit Retirement Club, Gymnasium	£100,000
	(b) Purchase of furniture and equipment.	£50,000
1996	General upgrading of hospitals units and residences on campus (painting, floor covering, tiling etc.) (see listing attached).	£250,000
1997	(a) Major upgrading of Unit 11 General upgrading of other units (work in progress)	£150,000
	(b) Purchase of furniture/equipment.	£50,000
	(c) Fire Safety Works (ABC Block) (Work in progress)	£100,000

In addition to above capital expenditure on upgrading works the Board provided a total of £212,000 in the period from '93 - '97 from its own resources for major upgrading of units and residences on campus.

St. Joseph's Learning

Disability Services

Residential & Community

Progress Report

January 1998

ST. JOSEPH'S LEARNING DISABILITY SERVICES

The priorities for the delivery of mental handicap services are shaped by a number of significant reports-

A Strategy of Equality - Commission on the Status of People with Disabilities.

Needs and Abilities - Department of Health 1990.

Services to Persons with a Mental Handicap - An Assessment of Need 1997-2001 Department of Health.

Shaping A Healthier Future - Department of Health.

1997 posed a number of challenges for our services both residential and community. In this year both residents and staff have been affected by many changes and have risen to the challenges in a flexible and professional manner. During 1997 our service has been inspected by the Inspector of Mental Hospital and An Bord Altranais. The Parents & Friends Association have visited all our areas during the year, and have provided reports on same. A sub-group of the National Association for Mentally Handicapped in Ireland visited our service in the latter part of 1997.

Staffing

At present the staffing complement for both residential and community service is composed of 277.5 Nursing Staff, this number includes 1 Chief Nursing Officer, 5 Assistant Chief Nursing Officers, 1 Day Service Manager, and two Tutors. The remainder of our staff is composed of 183 Care Staff, this figure includes 10 Domestics, 1 Porter, 1 Woodwork Instructor, .5 of a P.E. Teacher and 5 Montessori Teachers. As part of the £800,000 allocated for service developments in 1997 6.5 Nursing Staff and 7 Care Staff have been employed specifically to commission the

opening of our new Group Home in the Naul, which presently has six residents, and the commissioning of our residential project in the Pink House on the campus of St. Ita's. Further staff will be employed to commission our new group home on the Malahide Road.

In-service Training

In-service Training for 1997 included an Induction Programme for all new members of staff.

Training in *Cardio Pulmonary Resuscitation Course* was given by our own specially trained nursing staff to 81 nursing and non-nursing staff.

Training in *The Management of Aggression & Violence* by our own specially trained staff, trained 104 of nursing and non-nursing personnel.

Training in *Manual Handling* by our own specially trained instructors catered for 59 number of nursing and non-nursing staff.

Instruction in *LAMH Sign Language* was provided for 40 members of staff for nursing and non-nursing and administrative staff.

Certificate training in *Behavioural Modification* was given to 11 staff members by our Behavioural Nurse Therapists.

During 1997 two members of staff succeeded in getting honours degrees at third level. In liaison with the Central Nurse Training School a number of our Front-line Managers completed a Certificate Course in Front-line Management. A member of our community team qualified as a Matromeo Therapist. Twelve of our nursing staff were successful in the eighteen month Post-Graduate Mental Handicap Nursing Course.

This high success rate maintained the 100% success rate of our Post-Graduate Programme to date.

Staff Support

A high level of individual staff support continues to be an ongoing feature of our service. This service is spearheaded by our full-time staff resource person who has proved to be invaluable in the delivery of a holistic and confidential service. Our staff resource person was instrumental in the formulation of a Pastoral Care Team which is destined for further development in 1998.

Behaviour Nurse Therapists

Our service is fortunate to have 4 Behavioural Nurse Therapist who play a functional role in the assessment of clients with challenging behaviour and have played a major role in the resettlement of our clients to our community homes and to the Hawthorn's Project. One of our Behavioural Nurse Therapists has developed a Certificate Programme in Behavioural Modification for all members of staff. This Certificate Programme is delivered on each unit, and is specifically orientated to meet the needs of specific clients within the unit.

Quality Assurance

In recent months the Pilot Project's have been initiated in our residential, day and community services. These projects will concentrate on a quality approach towards client care, using the standards ISO 9002 and Nursing Development Units.

Multi-Disciplinary Team

The Multi-Disciplinary Team includes Consultant Psychiatrists, Registrars, Nursing Personnel, Psychologists (senior and basic), Speech Therapist (part-time), 5 Montessori Teachers, Resource Officer, 4 Behavioural Nurse Therapists, 2 Occupational Therapists (senior and basic), Day Service Manager and Care Staff. At present a vacancy exists for a Physiotherapist within the team. This team has created a major impact on service planning and has assisted greatly in the resettlement of our residents, both on campus and to more appropriate facilities in the community.

Resettlement of Residents

The resettlement of residents to more appropriate facilities on and off the campus continues and has been of particular success. The Pink House (campus of St. Ita's). This house was inspected by the Programme Committee in May 1997. Since then this house has been occupied and plans are well advanced to ensure that the services provided there meet the needs of a very challenging group.

*New Community Residences

**Ref. Report of Review of Group Homes in EHB Appendix I*

1. Hilltop House, The Naul, Co. Dublin

This house is situated close to the Naul village on 1/3 of an acre. It was purchased in 1995, and has been totally refurbished to meet the needs of the clients identified to live there. The house opened on the 9th of August 1997. At present 6 clients who formally lived in St. Ita's now live in this house. It is an added bonus that 3 of the occupants in this house come originally from the Naul area and their families are delighted to have them close at hand. Great credit must be given to the

commitment and flexibility of staff which enabled this facility to be opened.

2. Glebe House, Malahide Road, Co. Dublin

This house was also purchased in 1995 and has been extensively refurbished in the intervening months. It is set in grounds of circa 3/4 of an acre. Clients and staff have been identified to occupy this house. A Nursing Officer and staff have been rostered to this house in recent weeks to ensure the smooth resettlement of clients from St. Ita's in the coming weeks.

3. Hawthorn's, Blackrock

The Hawthorn's core and cluster service which was originally Madonna House has been extensively remodelled and refurbished to cater for clients from St. Ita's. 4 clients from St. Ita's moved to the Hawthorn's prior to Christmas. The remaining 26 places will be filled by clients from St. Ita's who will be assessed and will have family involvement in their move to this new facility.

4. Clonmethon, Oldtown, Co. Dublin

Clonmethon Lodge, located on a 9.6 acre site close to Oldtown village, will accommodate a core and cluster service for 30 clients. This service will also provide a comprehensive range of day services for clients who move from St. Ita's. The planning permission for 5 purpose built bungalows and a day service has been submitted to the County Council for approval. It is hoped to start building this new development in 1998.

Group Homes

Our group homes in Lusk, Rathbeale in Swords, Pinewood in Balbriggan (2), Maryfield in Swords are all functioning well. The group home at Woodlawn, Blakescross continues to provide assessment and respite

facilities for adolescents. A full range of social activities is carried out in each of our group homes which maximises community involvement.

Community Project with Focus Housing

An initiative was taken in 1997 to have a joint agreement with Focus Housing to provide self catering apartments for 5 homeless mentally handicapped individuals. These self catering apartments are situated on Clonmore Villas Ballybough. Focus Housing extensively renovated the property and it provides first class accommodation and training for these very vulnerable clients. This house is staffed by two house parents and two care staff. This project is unique within the Board and has been particularly successful in providing a good quality lifestyle for these vulnerable clients in a homely and caring environment.

Day Services

A comprehensive outline of the Day Services provided for clients of St. Ita's is attached to this report - *Appendix II*

Management Team

The Management Team for the service consists of the R.M.S., Chief Nursing Officer and Area Manager. It is the policy of the Management Team to empower members of staff to act as advocates for clients and to ensure the optimum level of clients care and individual staff responsibility.

It is the responsibility of each Nursing Officer and Deputy Nursing Officer to manage the client care within their area of responsibility. This management includes the utilisation of staff resources within their unit, the planning, implementation and reassessment of individual clients needs, liaising closely with Multi-disciplinary team and

members. Each Assistant Chief Nursing Officer and Day Service Manager has specific clinical and managerial responsibilities.

Resettlement Team

The resettlement team is Multi-disciplinary in nature which will have a rotating Chairperson in 1998. During 1997 this team has played a major role in the identification and placement of residents within our service. The Consultant Psychiatrist who Chaired this group for 1997 played a major role in identifying suitable clients for resettlement to our new community facilities in the Naul, Malahide Road, the Pink House and Hawthorn's.

APPENDIX 1

GROUP HOMES

Northside

Page 1	Maryfield Cottage
Page 2	Pinewood Green, Balbriggan
Page 3	Rathbeale Crescent, Swords
Page 4	Cuan Ide, Lusk
Page 5	Hilltop House, Naul
Page 6	Glebe House, Swords Road, Malahide
Page 7/8	Woodlawn, Blakes Cross
Page 9	Clonmore Villas, Ballybough

Southside

Page 10	Allenton Drive, Firhouse
Page 11	Boden Park
Page 12	Monalea Wood
Page 13	Rossfield Grove
Page 14	Upper Lesson St.

Introduction

At the Programme Committee meeting in November 1997 on request from the members I agreed to have a review of the Group Residential Homes for persons with a mental handicap carried out with particular emphasis on the following:-

- level of integration with local community.
- therapeutic regimes for clients.

The review details of which are enclosed was carried out on all our Board's Group Homes in the Mental Handicap Services.

It should be noted that a multi-disciplinary approach is taken in both the selection and review of those people transferred to community accommodation. It is the case that regular reviews are carried out to ensure that the clients needs are being appropriately met in the community.

NORTHSIDE GROUP HOMES

MARYFIELD COTTAGE

Opened February 1987

- Location** This bungalow is situated on the grounds of Maryfield Industries. It is situated ½ mile north of Swords village.
- Staff Hours** There is one hostel supervisor on duty from 5 pm until 8-30 am every day.
- Number of Clients** There are 7 residents in the house, 5 female and 2 male. Age ranges from 35 years to 65 years.
- Services** The residents attend Maryfield Industries and St. Ita's Hospital during the day.
- Those attending Maryfield Industries walk as their day service is on the campus, while those attending St. Ita's are collected and travel by mini-bus.
- In the Sheltered Workshop at Maryfield Industries activities include assemble work, packaging, etc. There is also a garden centre.
- The clients attending St. Ita's participate in duties on the wards, stores, nurses' home, workshops - duties which would be suitable to the person.
- Integration with Community** All clients can travel on public transport [some with a supervisor] to local shops, churches, pubs and social clubs.
- Social Activities** Some attend football matches locally and trips into Dublin City occur regularly. Those who like films go to the Omni Centre in Santry. They participate in social clubs [Skerries A.R.C.H.] Those who have families are encouraged to keep contact.

33/35 PINWOOD GREEN AVENUE, BALBRIGGAN
Opened July 1988

Location	Two adjoining 3 bedroom houses situated in the town of Balbriggan, within walking distance of the Main St.
Staff Hours	5 pm to 8-30 am, Monday to Friday and all of the weekend [nurse supervisor]
Number of Clients	There are 9 residents with age ranging from 35 years to 58 years. There are 5 male and 4 female residents.
Services	Day Services are provided by St. Ita's, Maryfield Industries, Lisenhall and Fingal Workshop. Day service would consist of assembly work, gardening, etc. They all travel to their day services by public transport.
Integration with Community	All clients travel to the surrounding towns and to the city at weekends. They avail of a lot of the local services.
Social Activities	Balbriggan has a range of public facilities which all the clients avail of as suits their needs, e.g. bingo, singing, pubs, football matches, pool, etc.

1 RATHBEALE CRESCENT, SWORDS
Opened July 1988

Location	A large 5 bedroom semi-detached house situated in a housing estate off the Rathbeale Road, near J.C.'s supermarket.
Staff Hours	One nursing staff on duty from 5 pm to 8-30 am. Monday to Friday and weekends.
Number of Clients	There are 5 residents, 3 male and 2 female with age ranging from 30 years to 45 years.
Services	Day services are provided by Maryfield Industries, Lisenhall and Fingal Workshop, Skerries. Workshop services include assembly work, gardening. All clients travel by bus to the workshops.
Integration with Community	Clients avail of facilities in the community such as the library, shops, clubs and have many friends in the area.
Social Activities	The residents attend the local A.R.C.H. Club and go to the local shops and pubs.

CUAN IDE, POST OFFICE ROAD, LUSK
Opened December 1995

Location	A large detached house situated approximately 50 yards off the Lusk Skerries Road within the village of Lusk. It is located near the local shop, pharmacy and butcher.
Staff Hours	Staffed by a hostel supervisor working from 5 pm to 8-30 am. every day.
Number of Clients	There are 5 residents, both male and female with age ranging from 30 years to 55 years.
Services	Day services are provided by Maryfield Industries, Lisenhall. St. Ita's and S.T.E.P. Sandyford [Order St. John of God]. Workshop services include assembly work, gardening. All clients travel to work by bus.
Integration with Community	They go to local pubs at weekends, play pool, travel into the city to shop and to eat out. They go into Swords to do household shopping. They take part in most local activities, one resident for example helps at the church collection, others have taken part in local singing competitions. They have integrated well into the community and are known by local people and business people.
Social Activities	The residents are members of the A.L.S.A.A. Club and take part in activities one or twice a week. Some clients attend the A.R.C.H. Club in Skerries.

HILLTOP HOUSE, NAUL
Opened August 1997

- Location** This large bungalow, set in its own grounds, is situated in the village of Naul, Co. Dublin. It is beside other houses and near the local school. Naul is approximately 5 miles from Balbriggan and 10 miles from Swords.
- Staff Hours** A Deputy Nursing Officer, nurse and care staff take care of the clients during the day and bring them to their day services. One nurse is on duty from 5 pm to 8-30 am each night.
- Number of Clients** There are 6 clients, male and female, ranging in age from 40 years to 60 years.
- Services** They attend day services in St. Ita's and Maryfield Workshop. There is an 8-seater M.P.V. which the staff drive the residents in to work. Day services consist of assembly work, helping out on wards and nurses' home.
- Integration with Community** Although only opened in the last few months, the clients use the local facilities such as the church, pub, shops, post office, etc. They are beginning to integrate with the community and locals are befriending them.
- Social Activities** They attend Skerries A.R.C.H. club and to out at weekends for drives and to eat out. Some go for a walk to the shop by themselves and have gone, with permission, to the local pub.

GLEBE HOUSE, SWORDS ROAD, MALAHIDE
Opened November 1997

- Location** This is a bungalow standing on it's own grounds and is situated approximately half way between Swords and Malahide. There are a number of detached houses near it.
- Staff Hours** At present the house is used as a day service.
- Number of Clients** Six female clients will move in shortly.
- Services** These clients will attend day services in Lusk and in St. Ita's. There is an eight seater M.P.V. in which the staff will drive the residents to their day service.

'WOODLAWN' BLAKES CROSS, LUSK, CO. DUBLIN
Opened July 1993

Location	A five bedroom bungalow situate three miles north of Swords Village.
Staff Hours	Access to a multi-disciplinary team. There is a Full time Educational Specialist, a Behaviour Nurse Psychotherapist and a drama teacher.
Number of Clients	4 residential places, respite for 27 clients. crisis intervention. Both male and female clients.
Services	<p>Woodlawn provides assessment, rehabilitation care and treatment for individuals 18 years of age and under who are difficult to place. i.e. having challenging behaviour and a learning disability.</p> <p>Residential - 4 residential places with 2 residents who go home most weekends. Each individual has a programme designed for their individual needs.</p> <p>Respite Care - provided on a regular basis for approximately 27 clients, mainly male, however, respite is provided on occasion for female clients. ¾ respite clients may attend Woodlawn at any given time.</p> <p>Crisis Intervention - referrals come via the Community Team.</p> <p>Day Care - may be provided for clients when their usual day service is unavailable or when other suitable day care is not available.</p> <p>Woodlawn has it's own transport.</p>

Woodlawn [cont'd]

Integration with Community The clients are members of A.L.S.A.A. Avail of local facilities such as the cinema, local parks and amenities.

Social Activities One session a week with the drama teacher, an artist attends twice weekly. The clients enjoy many social outings, including bowling, swimming, trips into town, McDonalds.

4 CLONMORE VILLAS, BALLYBOUGH ROAD
Opened September 1997

Location	The house is owned by Focus Housing and is run by the Health Board for a group of homeless people who have learning disabilities.
Staff Hours	Two staff working 5 pm to 8-30 am with full weekend cover.
Number of Clients	At present there are 3 male residents in their early 20s. The house can cater for 5 and it is planned to have two beds filled in the new year.
Services	The clients attend day services in Bray and Cherry Orchard using public transport.
Integration with Community	Since it opened, the clients are beginning to integrate into the local community.
Social Activities	Include cinema, library, local amenities.

SOUTHSIDE GROUP HOMES

72 ALLENTON DRIVE, FIRHOUSE, DUBLIN 24

Staff Hours	Hostel Supervisors week on/off 5 pm - 9 am sleep over basis weekend 5 pm - 9 am Monday
Number of Clients	6 clients, both male and female ranging in age from 30 years to 50 years.
Services	Three clients attend resource centre E.V.E. Holdings in the Good Counsel Centre, Ballyboden. One gentleman who has a visual disability is in a personal development group programme. One lady works in Garden Centre, EVE Holdings, based in Good Counsel Centre. Clients are transported to and from work by minibus.
Integration with Community/social activities	Three ladies attend Unislim once a week. Clients attend mass locally. They use the amenities in the Square, Tallaght, e.g. cinema, restaurants, shops, library.

18 THE GREEN, BODEN PARK, DUBLIN 16

Location A large house on a corner site less than 1/2 mile from Ballyboden.

Staff Hours Hostel Supervisors

week on/off 5 pm - 9 am sleep over basis
weekend 5 pm - 9 am Monday

Number of Clients There are six residents, two females and four males ranging in age from 30 years to 50 years.

Services

One gentleman in open employment in Superquinn. Knocklyon.
One gentleman and two ladies employed in the 'Bureau'. Dr. Stevens'.
One gentleman employed in the kitchen. Good Counsel Centre.
One gentleman in the Resource Centre [contract work]. FIVE Holdings. Good Counsel Centre.

Five clients walk to the Good Counsel Centre each day and transport is then provided to Dr. Stevens'. One gentleman walks to Superquinn each day.

Integration with Community

This group are familiar with their neighbours and avail of local services, e.g. shops, shopping centres and other amenities.

Social Activities

Bingo, unisim, swimming, shopping. All residents go on holidays in the summer with hostel staff.

71 MONALEA WOODS, FIRHOUSE, DUBLIN 24

Location This is a 4 bedroom house situated in a well maintained housing estate.

Staff Hours Hostel Supervisors
week on/off 5 pm - 9 am sleep over basis
weekend 5 pm - 9 am Monday

Number of Clients There are six clients, two females and four males.

Services Five residents employed by EVE Holdings within the Good Counsel Centre, one employed in laundry.
All residents walk to work, weather permitting.

Integration with Community Good use of local facilities - shops, pubs, etc. Good relationship with neighbours.

Social Activities Bingo, Unislim, ARCH club. They use public transport for their social outings. All residents go on holidays each summer with hostel staff.

7 ROSSFIELD GROVE, BROOKFIELD, TALLAGHT

Location	4 bedroom house
Staff Hours	Hostel Supervisors week on/off 5 pm - 9 am sleep over basis weekend 5 pm - 9 am Monday
Number of Clients	Four residents, three female and one male ranging in age from 30 years to 50 years.
Services	One girl is employed in a statoil garage three days per week and is in Thomas Court two days a week. She uses public transport. The other three residents are employed in the Resource Centre [contract work]. They go to work by minibus.
Integration with Community	Go to local shops, etc.
Social Activities	Cinema, eating out, library, Annual holiday with staff.

96 UPPER LEESON ST., DUBLIN 2

Description	Three storey house.
Staff Hours	Hostel Supervisors week on/off 5 pm - 9 am sleep over basis weekend 5 pm - 9 am Monday
Number of Clients	Eight residents Monday to Friday. Reduced to six maximum at weekends, five females and three males. ranging in age from 30 years to 50 years.
Services	Sheltered employment, STEP Enterprises Menni Enterprises, Stillorgan Garden Centre, Good Counsel Centre, Ballyboden Resource Centre, EVE Holdings, G.C.C. Kitchen, G.C.C. The Bureau, EVE Holdings, Dr. Steevens' Hospital. All residents use public transport to get to work.
Integration with Community	Difficult because of location. However they make full use of proximity to city centre and the amenity of a good bus service.
Social Activities	All residents are quite independent and capable of planning outings. Two are involved in a Casa Group. All go on a summer holiday with hostel staff.

APPENDIX II

Day Services
St. Joseph's Mental Handicap Service Sept 97

The day Services is divided into 3 sectors and listed below is the training areas in each.

St. Kenny's

1 Retirement Centre

This area provides special support for the elderly residents who have retired. The activities provided include social awareness programmes, music, reminiscence and reality orientation etc.

Attendance - 25

2 Gymnasium

The programme operates on a sessional basis, clients are offered variety with bicycles, treadmill, rowing machine, bouncing castle, free weights etc.

Attendance - 18

3 Relaxation Area

This involves the use of multisensory massage with residents who cannot tolerate interactive massage. it also includes basic foot and hand massage using essential oils. These sessions also take place in the residential units if necessary

Attendance - 9

4 Recreation Dept

The annual calendar includes the following

(a) Christmas Show

This is one of the highlights of the year for residents and staff of the day services, culminating in two nights performances attended by residents, parents and relatives of the cast, members of staff including retired staff and the local community.

Number involved - 50 (approx.), 10-12 community based.

(b) Indoor games

Another highlights of the year for residents. The games were founded by our service twenty one years ago and have become an integral part of the recreation programme for services throughout the country since then. Local, area and national games are held in U.C.D. each year.

Number involved - 40 - 50, 6 - 8 community based

(c) Athletics

This activity is mainly based on the campus, with area, Leinster and National competitions organised through Special Olympics Ireland. Occasionally international events are organised.

Number involved 40 (approx.) with 10-12 community based.

(d) Rhythmic Gymnastics

this activity operates on a sessional basis on the campus with Area, Leinster and national Competitions organised through Special Olympics

number involved 8.-10, with 1-2 community based.

(e) Artistic Gymnastics

This activity is also operating on a sessional basis on the campus with Area, Leinster and National Competitions organised through Special Olympics,
Number involved 6 - 8

(f) Ten Pin Bowling

This is a community integrated activity with part of the Bowling Alley Block booked. Twelve residents are involved in each session, one session per week, it is hoped to increase the number of weekly sessions. Area, Leinster and National competitions are organised by Special Olympics.

number involved 40 with 4-6 community based.

(g) Basketball

Training is hospital based with the team involved in Special Olympics League competitions with the possibility of qualifying for Leinster/national competitions.

Number involved 6 - 9

(h) Soccer

Our team is involved in both indoor and outdoor soccer leagues, games are organised on each month. The panel of players is selected from both our service and Maryfield Centre in Swords. Training takes place each week in Swords.

Number involved 8 -12.

(i) Outings

Outings to special events are organised throughout the year, the events attended include - hurling and football matches in Croke Park, the Horse Show, Funderland etc.
Number involved - Depends on transport and Ticket Availability.

(J) Special Olympics Residential Games

These games are held annually at the end of June or early in July, the Leinster Games rotate with the National Games

Number involved - 14-24

Less competitors qualify for the National Games than for the Leinster Games

(K) Dance

This project was organised in conjunction with a Dance Teacher from Swords Art Squad. The majority of this group performed at the Special Olympics Gymnast. It is hoped to carry through to other events such as the Christmas Show.

(L) Drama

This weekly session was a youth drama project between Montessori schools and the recreation dept. It is hoped to participate in the "Special Section" in the Drama Festival in Swords to be held later this year.

Number involved - 6

(5) Craft Area

This area caters for retired residents with the emphasis on social and recreational aspects of life incorporating reality orientation and relaxation sessions.

Attendance 15 residents attend on a full time and sessional basis

6 Jacuzzi Room

This facility can be used with individuals or small groups it encourages both mobility and relaxation while giving a feeling of well being.

Attendance 12-15 on a sessional basis.

7 Residents Club

This area offers the residents more autonomy with the programme content. It extends the recreation programme to two evenings during the week and the weekends. the programme includes games, art, sport, good conversation and residents committee meetings each month.

Attendance 31

courtyard

1 Tus Nua

This basic living skills programme operated on a sessional basis includes the following - lunch groups, evening tea groups, body awareness, Lamh sessions beauty therapy.

Attendance 25 daily

2 Industrial Workshop

The programme includes a mixture of sub contract work which involves - counting, packing, labelling, light assembly and also other primary projects - engraving, photocopying etc.

Attendance - 30, 4 in community

3 Art Room

This area operates on a sessional basis giving experience in basic art skills -awareness of colour, choice of subject, physical control etc. Has previously had support from Swords Art Squad

Attendance - 9 per session

4 Woodwork

As part of the programme in this area the following services are provided - repair of hospital furniture, repair of beds, props for the Christmas show, specialised equipment for the Indoor Games, PE Dept, Occupational Therapy Dept and Physiotherapy Dept

Attendance - 8

5 PE Dept

The following activities take place in this area

(a) Horse Riding Held in a public riding school private lesson given with the help of staff and volunteers. it is hoped to progress to more community involvement.

number involved 12, 2 community based.

(b) Cycling

this operates as one weekly session with the coffee shop in Newbridge House as the usual destination, the use of tandems help the residents acclimatise

Number involved 8

(c) Activity Week

this annual event involves the most progressive residents that participate in the PE programmes throughout the year. Criteria includes, attendance, behaviour, general suitability etc.

Attendance 8 including one from community

(d) Swimming (A)

This is a beginners class with a one to one ratio. Social training also includes personal hygiene and a visit to the coffee shop.

Number involved 10

(e) Swimming (B)

this is divided into two different groups with different ability levels two one hour sessions.

Number involved - 20+ with one from community

(f) This activity is in its infancy at present

Numbers involved - 8

6 Multisensory Room

Under construction at present, this facility is joint funded by Malahide Lions Club (£6,000) and people in Need, through the parents and friends (£4,000). This will operate on a sessional basis and include the following - Snoozelem Room, Massage and Relaxation Room and Ball Pool Area.

Farmyard

1 Home Economics

The activities in this area include the following - Personal Hygiene, Cookery, domestic skills, Arts and Crafts etc.

2 Training Workshop

This area introduces residents to work and offers training for profession to the Industrial Workshop.

Number Attending 8

3 Knitting Area

This industry offers the following, knitting including hard knitting, use of knitting, machines etc.

Number attending - 12

4 Horticulture

This area offers a wide range of activities both indoor and outdoor. Some of the activities include maintenance of the Farmyard and Court Yard sectors and to maintain the Retirement Garden that is presently been constructed.

Number involved - 15

5 Montessori Education Centre

There are three Montessori Schools operating in the Day Services, two in the Farmyard and one in St. Kenny's sector. there are two key components in the educational method of Marie Montessori.

- 1 The environment, including the Montessori apparatus and exercises
- 2 The teacher, who prepares the environment and then observes and guides the individual through their structured programme.

Attendance 68 residents attend these areas on a session basis.

ST. JOSEPH'S LEARNING DISABILITIES SERVICE

CAPITAL / REVENUE DEVELOPMENTS 1993 - 1997

Hospital

1993

In 1993 the Department of Health allocated £250,000 Capital to assist in the upgrading of services within the hospital. This enabled Unit E to be closed and substantial refurbishment of Unit B (Male) to provide residential facilities for 14 seriously disturbed residents. Substantial upgrading was also carried out in Unit A (Female), Unit B and on the residences on the hospital campus. The cost of these developments was supplemented by £50,000 from the Board's own resources.

1994

A further £100,000 capital and £219,000 revenue was provided by the Department of Health to further upgrade the hospital facilities and to increase staffing levels respectively. The capital allocation was used to fund major restructuring of Unit 11 and on-going upgrading of the ABC Block and Unit 12. The Board also contributed £100,000 from its own resources to assist in these developments.

It should also be noted that in addition to these amounts a further £140,000 revenue was provided by the Department of Health for the relocation of 47 residents from accommodation in St. Ita's to more appropriate accommodation.

1995

A total of £170,000 was made available this year for upgrading works and purchase of furniture and equipment as follows:-

Capital allocation from Dept. of Health	£100,000	for upgrading works.
“ “ “ “ “	£50,000	for purchase of furniture and equipment.
From Board's own resources	£20,000	for upgrading works.

1996

The Department of Health provided a further £250,000 capital in 1996 for upgrading works in the hospital. This enabled a substantial number of areas throughout the hospital to be painted, also upgrading works, e.g. repair of lift, provision of Jacuzzi, window repair, floor covering and tiling and provision of safe room. This allocation was further supplemented by an allocation of £42,000 from the Board's own resources, which facilitated the upgrading of Unit J Kitchen, Rushbrooke House, Unit 13 and Wayside House.

1997

A further £150,000 capital and £50,000 revenue was allocated by the Department of Health for further upgrading of hospital units and residences and the purchase of furniture and equipment. This work is currently in train. Up to 50% of the capital allocation (£75,000) has been allocated for the substantial upgrading of Unit 11.

In 1997 an amount of £100,000 was allocated for fire safety enhancements.
(work on-going in Units A,B,C).

ST. JOSEPH'S MENTAL HANDICAP SERVICES
CAPITAL / REVENUE DEVELOPMENTS 1993 - 1997

SUMMARY

St. Ita's Hospital Campus	Funding From DOH Special Allocations		Funding From EHB Resources
	<u>Capital</u>	<u>Revenue</u>	<u>Resources</u>
1993 (1) Upgrading of House 19 - 24 for use as hostel (St. Joseph's); Rushbrooke House	£250,000		£50,000
1994 (1) Upgrading Unit 11, ABC Block Personal Alarm System (ABC Block)	£100,000		£100,000
Note * In addition to above £219,000 revenue was provided by the Department of Health to increase staffing levels and a further amount of £140,000 for relocation of clients to a more suitable accommodation.			
1995 (1) Upgrading Units 11, 12, R Rushbrooke House, Cuan Ide (Lusk) Development of Basic Training Unit retirement Club, Gymnasium	£100,000		£20,000
(2) Purchase of furniture and equipment		£50,000	
1996 (1) General upgrading of hospitals units and residences on campus (painting, floor covering, tiling etc.) (see listing attached).	£250,000		£42,000
1997 (1) Major upgrading of Unit 11 General upgrading of other units (work in progress)	£150,000		
(2) Purchase of furniture and equipment		£50,000	
(3) Fire Safety Works (ABC Block) (work in progress)	£100,000		
(4) Community residences upgrading	<u>£170,000</u>		
	£1,120,000	<u>£100,000</u>	<u>£212,000</u>
OVERALL TOTAL	£1.432,000		

Note: Of the £1.432,000, £1.182,000 was all expended on the St. Joseph's Mental Handicap Services on the St. Ita's campus.