About Nua

Nua Healthcare is one of Ireland’s leading Care Home Providers. We provide Residential, Homecare, Day and Community Outreach Services to both adults and children with a range of complex support requirements.

At Nua Healthcare, we are proud to offer high standards of service and care. Renowned for offering some of the best facilities in the country, our residential accommodation combines modern state-of-the-art facilities with beautiful outdoor environments. Our tailored day care programmes encompass a wide variety of stimulating and enjoyable activities.

Our services range in support / acuity levels from high support to low support / independent living. Our team bring a wealth of experience in supporting individuals with a range of complex needs including:

- Autism
- Asperger Syndrome
- Intellectual Disabilities
- Chronic Mental Health Issues
- Challenging Behaviour
- Personality Disorders
- Intellectual Disabilities with Alzheimer’s or Dementia
- Acquired Brain Injuries
- Children with Social and Emotional Difficulties

History & Principles

Nua Healthcare was established in 2004 by a group of experienced Social Care Professionals working in community outreach services for people with Intellectual Disabilities, Autism and significant Challenging Behaviours.

Concerned by the lack of appropriate services available to this client group other than institutional settings, Edward Dunne, CEO and a colleague, Ciaran Roche, founded Nua Healthcare. Nua’s first service was set up as a high support respite service for persons with Asperger Syndrome in the Kildare countryside.

Services should be moulded around each individual as opposed to demanding that an individual be moulded to a service - “square pegs in round holes don’t fit, no matter how hard you try to make them.”
OUR MISSION STATEMENT
Nua Healthcare Services will facilitate and support people who use our services to pursue meaningful personalised lifestyles.

OUR VISION
At Nua Healthcare, we believe everyone should have the opportunity to live a healthy, active and fulfilling life. This ethos is at the heart of everything we do.

We provide everyone we support with the opportunity to continue to live life to the full. We actively encourage Service Users to become more self-reliant, to make decisions for themselves, and ultimately, to move on to more independent living arrangements.

We facilitate and support our Service Users to pursue meaningful and personalised lifestyles. We provide individually planned education, employment and leisure opportunities to support each individual in their ongoing development.

OUR VALUES
Dignity and Respect: We embrace the uniqueness of each individual.

Personalised: We facilitate and support people to develop their own unique pace, in pursuit of a meaningful lifestyle.

Partnership: We work in partnership with the Service User, their family and all other relevant stakeholders, to facilitate and support optimal outcomes for the individual.

Community: We facilitate and support people who use our services to embrace and contribute to the communities in which they live.

“Our services range in support levels from high support residential care to Ireland’s first purpose-designed Independent Living Complex for individuals with Aspergers Syndrome.”
About Nua: Care Philosophy

At Nua Healthcare, we believe that having the highest quality of care is an absolute right of every Service User. We are committed to providing our Service Users with individual, personalised care within a safe, stimulating and homely environment.

Our core principle is that services should be moulded around each individual, as opposed to demanding that an individual should be moulded to a service.

Every Service User is involved throughout the decision-making process of their care. We strive to empower individuals to shape their own lives and the services they receive.

Our residential care homes are spacious and generously refurbished, located on large sites in peaceful countryside settings.

We actively help our Service Users to develop life skills which in turn, supports them to realise their own full potential. We encourage each individual’s participation in an array of recreational activities and services to enable them to build upon their skills for seeking employment opportunities or gaining access to educational opportunities.

Above all, helping people to lead fulfilled, independent lives is what Nua Healthcare is about.
All Nua Care Homes are normal spacious family homes, typically situated in rural settings and within easy reach of local amenities and facilities. Homes are typically in excess of 3/4000 square foot and accommodate between 3 and 6 persons. We strive, where possible, to have every bedroom en-suite.

Service Users are supported and encouraged within our low arousal environments to embrace and contribute to their community, at their own unique pace.

Every facility is registered with the Health Information and Quality Authority (HIQA) and is inspected against ‘The National Standards for Residential Services for Children and Adults with Disabilities’.

Our staff are highly trained and equipped to respond to the individual needs and preferences of each person, as per their personal plan. In excess of 70% of our staff are degree qualified social care workers / nurses with the remaining qualified to a minimum FETAC 5/6.

Our teams work closely with each Service User to furnish them with the necessary skills to live independently, while safeguarding against any potential vulnerability.

Nua Healthcare operates several residential facilities dedicated to meeting the needs of individuals on the autism spectrum. Nua currently holds accredited status for a number of its residential care homes. This was awarded by the National Autistic Society’s Autism Accreditation Programme. (NAS UK).

Staff and management are acutely aware of the importance for clear communication and the use of unambiguous language for individuals on the Autism Spectrum and are trained on how to effectively communicate using a range of techniques.

We understand that traditional disability service models do not work for individuals with Autistic Spectrum Disorder. Nua Healthcare’s model of care ensures that individuals can integrate into communities on their own terms and into a low arousal, spacious environment where they can call home.

We have partnered with The National Autistic Society in Wales implementing a Social Skills Training Programme (Social Eyes) for our Service Users. Social Eyes is an innovative approach to learning social skills and developing social understanding for people on the autism spectrum, and is primarily suitable for people with Asperger Syndrome. This intensive training uses role play to help people practice and explore social scenarios, and thereby, learn independently.
Intellectual Disability Services

Nua Healthcare provides a range of care services and supports for individuals with Intellectual Disabilities. Our team has extensive experience in working with individuals with complex conditions and have a full suite of day, residential and clinical services available.

Services are provided for individuals from 12+ across a range of locations countrywide.

Children’s Services

Nua Healthcare’s mainstream children’s facilities are inspected and registered against ‘The National Standards for Children’s Residential Centres’. Nua Healthcare provides residential services and respite care to children and young people aged between 12 and 18, who present with highly complex and challenging needs in terms of their emotional, psychological and development of their well-being. These include; children with learning disabilities, Autistic Spectrum Disorders and emotional and behavioural issues.

Our programmes are directed towards positive futures for the young people we care for. Where possible, we encompass a holistic approach towards working with the young person’s family and we aim to integrate them into the local community as a means to promoting not only their independence, but their social skills also.

Our guiding principle is and has always been, to provide care and education as an integrated support system within a framework of a small ‘family’ type home. Our homes reflect that of a typical family home environment where children and young people feel safe and comfortable within a secure and friendly environment and where they are cared for in a child-centred approach from within a non-institutionalised setting.

Our residential facilities for children offer:
- Individualised care and education packages
- Short, medium or long-term placements
- Emergency and planned admissions
- Assessment services from our own Clinical Team
- High Support and Challenging Behaviour services
Nua Healthcare is a national leader in the provision of services for persons who exhibit challenging behaviour. Since the organisation was founded in 2004, we have been working with a significant number of individuals who have required specialist intervention, not available in other mainstream services.

Over the years, Nua Healthcare has developed bespoke facilities to cater for the most challenging of presentations. We have also invested significantly in our clinical teams and expertise, to deliver real measurable change, to the lives of people experiencing difficulty.

We operate a social model of care and aim to deal with challenging behaviour through the primary root cause - quality of life. We believe that challenging behaviour is a product of an unfulfilled / unhappy or unwell person and we approach its solution by dealing with these core issues. We have done this, and will continue to do this, in normal community environments.

Challenging Behaviour

Personality Disorders

At Nua Healthcare, we have developed innovative successful strategies for adolescents with severe challenging behaviours and adults with personality disorders; both functional and organic, the latter, often secondary to Acquired Brain Injury.

The social care model is ideal for supporting those with chronic maladaptive coping mechanisms and our Behaviour Specialists are ideally placed to support our Service Users developing more appropriate forms of behaviour. Our Psychiatric team have devised assessment and treatment protocols and procedures to directly target the underlying psychopathology in Personality Disorders and to eliminate the perceived need for self-harm, in the most vulnerable of personalities.

Environmental elements are optimised on an individualised basis to promote sustained change and a truly recovery-based outcome.
Independent Living

Nua Healthcare believes in empowering each individual to live as independently as they possibly can. We currently support individuals in an array of settings and have developed a range of training programmes, facilities and outreach support structures to facilitate all of our Service Users in making the move towards independence.

In 2010, Nua Healthcare completed an exciting addition to the service - Taliesin Independent Living Complex. Taliesin acts as a stepping stone for individuals who are ready to make that move towards independence but yet, wish to retain comfort from the accessibility of nearby support, should they require it. Taliesin offers individuals the opportunity to move from higher dependency programmes into a supported environment without the risk of being fully detached from onsite supports.

Having spent time in any of our supported living units, individuals make the transition out into independent living with the support of our dedicated outreach team. Nua Healthcare currently supports a large number of individuals from within their own accommodation in the community.
Community Outreach Services

Nua Healthcare’s Community Outreach services are available to both adults and children with disabilities and children in mainstream residential care.

Many individuals who attend our services, do so as a stepping stone towards joining the rest of the community when they feel they are ready. Our team of care staff work closely with each individual, preparing them for taking on opportunities further afield and outside the realms of the day centres. To make this happen, the team work collectively amongst the other day service facilities, the staff, the local community and most importantly, in line with each individual’s wants, needs and preferences.

Our services are guided by and delivered in line with the HSE’s National Strategic Plan ‘New Directions’ which empowers individuals to make choices and plans to support their own personal goals, to enable each individual to have an influence over the decisions which affect their lives and to achieve their goals and aspirations whilst being active and independent members of their community and society.

Day Services

Our day service facilities offer a range of leisure, educational and vocational activities in a friendly and highly structured environment. Nua Healthcare operates in accordance with the HSE’s ‘New Directions’ model of day service provision. All day services are operated as drop in centres where individuals use as a base to access the wider community.

Person-centred support services ensure that the Service User plays a fundamental role in the development, planning, delivery and evaluation of their service. Our Service Users can avail of a mixture of all of our day service facilities, community programmes and educational links, depending on their wants, needs and individualised care plans.

We support each Service User to participate in their community and to socialise and develop new skills while expanding and improving their existing skills base. With the support of our day service teams, we help each attendee to become more self-reliant and independent. All of our day service facilities operate with a high staffing ratio and are fully equipped with the most up-to-date equipment and technology available.
At Nua Homecare, we provide home and community-based care services to both children and adults with varying needs. Our tailored care services are available 24 hours per day, 365 days per year and available by private referral or formally through the HSE.

We place each individual at the centre of all decisions regarding their care enabling each to live the life they choose as independently as possible, whilst ensuring they receive the right care and support they need.

Our care packages are cost effective and can be tailored to suit any budget. In some cases, tax relief of up to 41% might also be available to claim.

We support individuals with a broad range of needs such as:
- Physical Disabilities / PA services
- Intellectual Disabilities
- Companionship
- Nutritious Meal Preparation and assistance, if required
- Support with Light House Work
- Support in Safe Administration and Management of Medication
- Pet Care
- Post Hospital Care
- Pre and Post Maternity Care
- Respite

We support individuals with social and/or clinical inputs in their own home and community. Our supports cover:
- Elder Care
- Age related conditions – Alzheimers / Dementia
- Autism Spectrum Disorders
- ADHD / ADD / Dyspraxia
- Intellectual Disabilities
- Mental Health Issues
- Acquired Brain Injuries
As part of the person-centred model advocated by Nua Healthcare, the possible need for professional ancillary, alternative and complementary supports for our Service Users, is recognised and respected.

We provide access to a broad range of highly qualified Clinical Professionals in the following areas:

- Consultant Child and Adult Psychiatry
- Behavioural and Clinical Psychology
- Forensic Psychology
- Neuropsychiatry
- Counselling
- Cognitive Behavioural Therapy
- Dialectic Behavioural Therapy
- Clinical Dietetics
- General Practitioner
- Nursing
- Occupational Therapy
- Play Therapy
- Physiotherapy
- Psychotherapy
- Sensory Integration Therapy
- Speech and Language Therapy

We also offer assessment and diagnostic services in all the above disciplines.
Residential Assessments

Our residential assessment is conducted over a three month period, in any one of our residential homes. The referring agent can select from a menu of clinical assessments. The assessment report will also contain a social care report based on the observations of the team during residency and recommend an ongoing / future care programme based on the assessment findings.

DIAGNOSTIC ASSESSMENTS
• Psychological Assessments to include:
  • Cognitive Assessment
  • Adaptive Functioning Assessment
  • ADHD Assessment
  • Autism Assessment – Screening and Full Diagnostic
  • Depression and Anxiety
  • Behavioural Assessments for Children

Cognitive / Developmental Assessments are carried out using the following tools:
• SB5
• TONI 4 (for non-verbal clients)
• Griffiths Mental Developmental Scales – Extended Revised (GMDS-ER)

Adaptive Functioning Assessments are carried out using the following:
• Vineland Adaptive Behaviour Scales, Second Edition (Vineland ii)

ADHD Assessments use the following:
• Conners 3
• Adult ADHD Rating Scale

HOW TO ARRANGE AN ASSESSMENT:
• The requirement for an assessment is identified on the admission document
• Through a referral by another clinician or;
• Via a telephone call to the Clinical Department from a private individual requesting an assessment
• Through our website.

REFERRAL PROCESSES
Nua Healthcare is a service provider to the Health Service Executive, individuals and their families. Referrals can be made directly to our Admissions Department on 045 856 592, by completing a referral form or by emailing our Admissions Department: admissions@nuahospital.ie
Our Commitment To Quality

Quality is of paramount importance to us all here at Nua. We believe it is incumbent upon us to deliver services in line with regulation and national standards and it is our ultimate desire to develop services which exceed expectation and ensure our service remains synonymous with the terms - world class and best practice.

Nua Healthcare has developed a comprehensive portfolio of policies, procedures and ways of working which have been checked and approved by HIQA following their very thorough inspection process and subsequent registration of our individual Designated Centres. Nua Healthcare Service has a dedicated quality assurance team and all staff undergo a continuous training and development program which ensures, collectively that we deliver services consistently in line with regulation and national standards.

Nua Healthcare constantly challenges itself in terms of external Accreditation programmes. Details of all current programmes can be found on our website. www.nuahealthcare.ie
Contact Details

Thank you for taking the time to read this booklet. If you would like to speak to someone from our team, please contact us using the details below.

The Atrium, Johns Lane, Naas, Co. Kildare

Tel 045 856 592  Email info@nuhealthcare.ie  Fax 045 879 860

www.nuhealthcare.ie