

# Milton Park Hospital

## Specialist service for adults with Autism or Asperger syndrome

Milton Park is the UK's first purpose built hospital specifically designed to meet the challenging needs of adults with Autistic Spectrum Conditions (ASC). Established in 2005, the service has enabled more than 150 adults with ASC (and additional difficulties) to progress through the hospital care pathway on to successful community based support.



### ASC Care Environment

Milton Park Hospital provides a modern therapeutic approach to care and support for people experiencing difficulties associated with their Autistic Spectrum Condition.

The 10 units within the hospital provide a responsive care pathway from low secure, locked rehabilitation through to pre-discharge units – enabling patients to be supported in the most appropriate care environment dependent on their evolving needs.

Each unit has its own kitchen, dining room, quiet room, lounge and garden; all bedrooms are en-suite with toilet and shower facilities.

### Multi Disciplinary Team

Patients are supported by Brookdale Care's Multi Disciplinary Team (MDT) who are experienced in creating positive outcomes. The MDT includes:

- Consultant Psychiatrists
- Psychologists
- Speech & Language Therapists
- Occupational Therapists
- Nurses
- Specialist trained support staff

The hospital provides a structured and supportive environment. Each patient has a person centred care plan which is devised by the patient and the MDT. The care plan includes a therapeutic strategy to support patients through their individual difficulties, anxieties and needs. Patients are also supported to develop the skills required to enable them to progress through the hospital care pathway and on to community based support.

### Personalised Care Plans

Every patient has a clinical assessment of needs, abilities and risks before admission into the hospital. Patients liaise with their staff to discuss their likes, interests and goals and then work with staff to identify a plan which incorporates their interests and supports them to achieve their goals.

This may include social stories, education on social rules, understanding body language and facial expressions. Staff support patients to develop practical skills such as independent living, budgeting, food preparation, shopping and self care. We can also help access college courses and support clients to engage with the local community, if appropriate.

### Skill Development and Empowerment

Milton Park Hospital is committed to providing patients with opportunities to access structured activities within the on-site Resource Centre and local community. Activities may be educational, vocational, leisure, therapeutic based and are structured to help increase engagement, skill development, social skills, turn taking and self confidence.

### The Resource Centre incorporates:

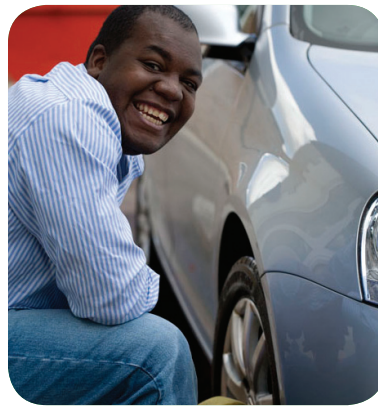
- Gym
- Arts & crafts room
- Games room
- IT suite
- Pool room
- Patient kitchen
- Relaxation and sensory rooms

### Positive outcomes

At Milton Park Hospital we work holistically to create a robust therapeutic environment where adults with ASC are supported by the MDT to work through their difficulties and enable individuals to progress through our care pathway onto a successful care placement in the community. We work closely with care professionals and funding authorities to identify clear objectives of admission, planned interventions and scheduled transitions back to the local area.

#### Range of Therapeutic and Clinical Interventions related to ASC that can reduce risk and enable individuals to achieve emotional wellbeing:

- Education and vocational training
- Behavioural modelling and therapy
- Cognitive Behavioural Therapy
- Person Centred Counselling
- Review of medication
- Social communication skill development
- Social relationship skill development
- Activities of Daily Living (ADL) training
- Emotional recognition training
- Applied Behaviour Analysis
- Alternative & Augmented communication strategies
- Self monitoring and self-regulation training
- Offence related work
- Anger management therapy
- Addiction treatment



<b>Service Name</b>	Milton Park Hospital
<b>Description</b>	Milton Park is the UK's first purpose built hospital designed specifically to meet the challenging needs of people with Autistic Spectrum Conditions (ASC) who require a hospital environment. Milton Park is located in the village of Wyboston in Bedfordshire, within 5 minutes drive of the market town of St Neots.
<b>Hospital Manager</b>	Mark Goldsborough
<b>Town</b>	Wyboston, Bedfordshire
<b>CQC Registration No.</b>	1-41930414
<b>Contact Number</b>	01707 646 646
<b>Primary Diagnosis</b>	Autism or Asperger syndrome
<b>Secondary Diagnosis</b>	Mental Health, Learning Disability
<b>Additional Criteria</b>	Patients may be sectioned under the Mental Health Act
<b>Age</b>	18 – 65
<b>No of Beds</b>	73 single occupancy bedrooms with en-suite facilities
<b>Facilities</b>	All patients have shared access to a kitchen, living room, dining room and garden. Patients also have access to the on-site Resource Centre.
<b>Facilities in Surrounding Area</b>	The hospital is close to local shops, leisure facilities and community facilities.
<b>Care Pathway</b>	Previous patients have progressed to residential care and supported living within the community.
<b>Therapeutic Input</b>	All patients receive therapeutic assessment and treatment from Brookdale's Multi Disciplinary Team. The MDT includes Consultant Psychiatrists, Consultant Psychologists, Speech & Language Therapists, Occupational Therapists, Nurses and ASC Practitioners.



**REFERRAL LINE – 01707 646 646**