

Earlseat House Care Home Service

Coaltown on Wemyss
Kirkcaldy
KY1 4TQ

Telephone: 01738260126

Type of inspection:
Unannounced

Completed on:
20 September 2024

Service provided by:
Radical Services Ltd

Service provider number:
SP2003002568

Service no:
CS2017355428

About the service

Earlseat House is a care home service for up to two children and young people. The premises consists of a two-storey house with a garden and parking areas. Young people have their own bedroom and share the two bath/shower rooms, as well as a kitchen, utility room, dining room and living room. An additional communal room is temporarily out of use. The house is situated in a semi-rural area of Fife about four miles from Kirkcaldy, which has a range of shops and other facilities, including public transport links.

About the inspection

This was an unannounced inspection which took place on 29 August and 6 September 2024 between 12:30 and 18:45 and 10:15 and 17:15 respectively. The inspection was carried out by one inspector from the Care Inspectorate. To prepare for the inspection, we reviewed information about the service. This included previous inspection findings, registration information, information submitted by the service and intelligence gathered since the last inspection.

In making our evaluations of the service we:

- reviewed survey responses from two young people, one external professional and eight staff
- spoke with two young people using the service
- spoke with eight staff and managers
- observed practice and daily life
- reviewed documents.

During the inspection year 2024-2025 we are inspecting against a focus area which looks at how regulated services use legislation and guidance to promote children's right to continuing care, and how children and young people are being helped to understand what their right to continuing care means for them. Any requirements or areas for improvement will be highlighted in this report.

Key messages

- Effective risk management and safe care practices contributed to keeping young people safe.
- Nurturing responses to distressed behaviour reflected the provider's aim of promoting young people's rights and wellbeing by reducing the use of physical restraint.
- Compassionate relationships with young people were a key feature of the service and had had positive outcomes. A stable staff team contributed to continuity of care.
- The service was committed to providing young people with continuing care so they could benefit from a longer-term stay at Earlseat, in preparation for early adulthood.

From this inspection we evaluated this service as:

In evaluating quality, we use a six point scale where 1 is unsatisfactory and 6 is excellent

How well do we support children and young people's rights and wellbeing?	5 - Very Good
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Further details on the particular areas inspected are provided at the end of this report.

How well do we support children and young people's rights and wellbeing?

5 - Very Good

We evaluated this key question as **very good**. This means there were major strengths in supporting positive outcomes for children and young people.

Staff understanding of their professional responsibilities, familiarity with young people's needs and an effective risk management approach contributed to minimising risk and harm. Young people felt safe and there had also been a reduction in them going missing (with associated risks). The service had responded appropriately to protection concerns, working collaboratively with other agencies. The young person's voice and relevant multi-agency involvement should however be more clearly reflected in records.

Staff used their relationships and nurturing responses to young people's distressed behaviours. This avoided the use of physical restraint, which has the potential for compromising physical wellbeing and dignity. Thorough incident analysis added to a better understanding of triggers and how to prevent recurrence. The provider was committed to restraint reduction. A comprehensive self-evaluation had been a valuable learning process and led to the implementation of a range of new initiatives and staff training. We look forward to seeing the impact of these.

An ethos of positive, meaningful and respectful relationships provided an essential foundation for trust and positive outcomes. Staff spent time with young people and used humour and affection to improve their experiences. One described staff as 'amazing'. Decreased turnover contributed to greater continuity and stability of relationships. The development of a trauma-informed approach to supporting learning and healthy development was well underway.

The comfortable, pleasant and homely environment for young people strongly reflected the service's ethos and vision, with more recent additions including a much improved kitchen.

Young people exercised a high level of choice. They were encouraged to influence how they experienced life at Earlseat so it reflected their preferences as far as possible. This included being involved in developing the house improvement plan, which led to requests and suggestions being acted on. Access to independent advocacy was available, though staff had also represented their views to ensure their voices were heard.

Support for maximising young people's physical and emotional health included access to primary care and safe management of medication, which needed only minor adjustments. Encouraging young people to stay active required ongoing effort on the part of staff, who worked hard to build confidence so their horizons could be widened and to give a sense of purpose and achievement. Favourite activities were supported and trips away provided much-valued extended time with staff.

Young people had had learning opportunities catering successfully for their specific needs. For some, successful engagement was an ongoing challenge despite the provider offering individualised programmes.

The provider was committed to promoting young people's rights to continuing care, which increases the likelihood of a successful transition to the next stage of their lives as young adults. We made some suggestions for strengthening expectations in relevant policies, procedures and processes, which managers intended to act on.

Systems for assessment and care planning supported positive outcomes for young people. We offered some suggestions for next steps, including improving evaluation of progress towards agreed goals and outcomes.

Complaints

There have been no complaints upheld since the last inspection. Details of any older upheld complaints are published at www.careinspectorate.com.

Detailed evaluations

How well do we support children and young people's rights and wellbeing?	5 - Very Good
7.1 Children and young people are safe, feel loved and get the most out of life	5 - Very Good

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