

Aberlour Options - Fife Care Home Service

GLENROTHES

Type of inspection:
Unannounced

Completed on:
4 August 2025

Service provided by:
Aberlour Child Care Trust

Service provider number:
SP2010011118

Service no:
CS2010272335

About the service

Aberlour Options - Fife (known as Rainbow Heart cottage), is a short break service for up to five young people. The service is provided by Aberlour Child Care Trust and cares for young people with highly complex needs.

Rainbow Heart cottage is located in a residential area of Glenrothes. The cottage combines two semi-detached bungalows. The space includes a living/ dining room, a kitchen, an office, five bedrooms, a shower room and bathroom. The cottage has a large back garden laid mainly to grass.

About the inspection

This was an unannounced inspection that took place on 28, 29, 30 July and 2 August 2025. The inspection was carried out by one inspector from the Care Inspectorate.

To prepare for the inspection we reviewed information about this service. This included, registration information, information submitted by the service and intelligence gathered since the last inspection.

In making our evaluations of the service we:

- spoke with nine staff members
- spoke with one senior manager
- given feedback from four external professionals
- spoke with four family members
- given feedback from five family members
- reviewed documentation.

Key messages

- Children and young people were supported for by a small, knowledgeable, stable staff team.
- Children were cared for with love and respect.
- Managers provided a strong, open and reflective culture.
- The service have built strong relationships with multi-agency partners.
- Care plans are very highly detailed, supporting very good outcomes for young people.

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 |
|--|---------------|

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 found significant strengths in aspects of the care provided and how these supported positive outcomes for children and young people, therefore we evaluated this key question as very good.

Children and young people in Rainbow Heart cottage are kept safe by a knowledgeable and highly committed core staff team who fully understand their highly complex needs. One parent told us, "The staff at Rainbow Heart cottage are the best we have seen. They go out of their way to ensure my child is happy and feels safe at all times." Children's physical health needs are supported by a staff team that are highly trained. This is further supported by the service maintaining links to a core group of nursing staff. This very good practice ensures that these young people have their individual medical needs met by professionals who know them well.

Staff are strong advocates for these young people. We heard from parents that managers were available at all times to provide information and support. This means that both children and their families have the right information to make informed choices about their care and support.

Whilst the service have not had any examples of protection concerns to navigate, staff were able to discuss how they would manage a situation. The Aberlour policy is in line with national guidance and best practice.

Relationships are truly at the core of Rainbow Heart cottage. Observations both in the house and at their 150th anniversary party detailed these very strong relationships that are built over a number of years. We observed compassionate interactions, based on love and respect. One staff member told us, "Rainbow Heart Cottage provides a home from home for young people to enjoy short breaks. Staff strive to enable young people to reach their full potential. Support is provided with integrity, respect and love." One parent told us, "They help my child with his independence and his life skills with the upmost dignity and respect." This meant that young people are cared for by a highly skilled staff team.

Children and young people experience a wide variety of experiences at Rainbow Heart. We observed a silent disco party, water play and sensory play. We heard of trips to the Kelpies, swimming and parks. Staff demonstrated resilience in working with young people with highly complex needs, ensuring that they had opportunities to have fun and widen their worlds.

The team are supported by very strong management, both within service and in the wider organisation. We observed all staff working as one team at Rainbow Heart, with staff taking on further responsibilities. This tells us that staff feel their skills are valued.

The staff team create individually tailored support for every short break. We observed highly detailed transitions for new young people using the service. We heard of staff visiting schools, young people and families visiting the cottage and videos created to support young people, all prior to transitioning in. Staff took time after short breaks to ensure families are communicated with carefully. One family member told us, "I never feel rushed picking him up." This means that families feel supported and actively listened to by staff.

Young people and their families are fully informed in their care planning. Induction paperwork for new young people coming into service is comprehensive, ensuring that care plans are highly detailed. Goals are SMART (Specific, Measurable, Achievable, Relevant, Time-bound), being mindful that adaptations are required over time. One staff member told us, "Support plans are carefully considered and updated on a regular basis in order to provide person centred care."

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 |

To find out more

This inspection report is published by the Care Inspectorate. You can download this report and others from our website.

Care services in Scotland cannot operate unless they are registered with the Care Inspectorate. We inspect, award grades and help services to improve. We also investigate complaints about care services and can take action when things aren't good enough.

Please get in touch with us if you would like more information or have any concerns about a care service.

You can also read more about our work online at www.careinspectorate.com

Contact us

Care Inspectorate
Compass House
11 Riverside Drive
Dundee
DD1 4NY

enquiries@careinspectorate.com

0345 600 9527

Find us on Facebook

Twitter: @careinspect

Other languages and formats

This report is available in other languages and formats on request.

Tha am foillseachadh seo ri fhaighinn ann an cruthannan is cànan eile ma nithear iartras.

অনুরোধসাপেক্ষে এই প্রকাশনাটি অন্য ফরম্যাট এবং অন্যান্য ভাষায় পাওয়া যায়।

یہ اشاعت درخواست کرنے پر دیگر شکلوں اور دیگر زبانوں میں فراہم کی جاسکتی ہے۔

ਬੇਨਤੀ 'ਤੇ ਇਹ ਪ੍ਰਕਾਸ਼ਨ ਹੋਰ ਰੂਪਾਂ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਉਪਲਬਧ ਹੈ।

هذه الوثيقة متوفرة بلغات ونماذج أخرى عند الطلب

本出版品有其他格式和其他語言備索。

Na życzenie niniejsza publikacja dostępna jest także w innych formatach oraz językach.