



Providing Services and Supports to People with an Intellectual Disability

POLICY ON SERVICE USERS' HEALTH, NUTRITION, DIET AND WELL BEING

In keeping with Ability West's vision statement and mission statement, this policy and associated procedures aims to ensure that service users are supported in living healthily and their overall good health and well being is encouraged.

This policy and associated procedures have been developed in line with relevant legislation, regulations and standards, including the National Standards for Residential Services for Children and Adults with Disabilities 2013, and specifically in relation to this area the principle of promoting the health and development of each child and adult is endorsed.

The organisation endeavours to develop and deliver initiatives to promote health and development for service users, in line with our overall vision and mission and on a local level, in consultation with service users in individual services.

Ability West will co-operate with other service providers and other statutory and non-statutory agencies to promote the health and development of people with disabilities.

This is achieved through effective health promotion within all services. Insofar as possible service users are supported and encouraged to take responsibility for their own health. Service users are encouraged to partake in health related activities, to live a healthy lifestyle, and to access and be provided with information on their health care at service level and also in the local community.

On initial admission, each service user's needs and requirements are identified and this forms part of the overall planning process for admission. This includes medical check being carried out as outlined in the Referrals, Admissions and Transfers procedures. Also, once a person is admitted into services provided by Ability West the process of person centred planning commences as soon as possible and this includes elements of health and well being.

On an ongoing basis, health and wellbeing is promoted and supported in each service through diet, nutrition, recreation, exercise and physical activities, and where there are specialised diet and nutrition requirements these are accommodated accordingly at each service with relevant advice obtained from health care professions and followed. The organisation also has in place a procedure on the Management of feeding, eating, drinking and swallowing disorders (FEDS) for adult service users (Children's FEDS assessments are carried out by the Health Service Executive) with referrals through the appropriate process. Relevant records are maintained as required in relation to nutritional intake as well as specialised dietary requirements consistent with each service user's individual dietary needs and preferences.

Service users are also supported in accessing appropriate health information, education and a range of health care supports relevant to a person's individual health related needs.

To ensure optimum health for each person, and in reflecting good practice, Ability West views regular health checks for service users as a valued and important part of a person's overall service, and Ability West has a policy and procedures in place with guidelines for good practice in this area.

All health care activities are carried out taking cognisance of each person's dignity, respect and privacy and the organisation has in place a policy and procedure on intimate and personal care in this regard.

The organisation has safe practices in place for storage, preparation and serving of food, with adequate provision for storage of feed in hygienic and safe conditions. Staff are provided with relevant training and information in relation to safe handling of food. In relation to services users who have been assessed through the Procedure on feeding, eating, and swallowing disorders (FEDS) for adult service users, practices are complied with in line with procedure.

The organisation has in place a policy and procedure on Medication Management which reflects best practice in services for persons with a disability in Ireland and taking account of national legislation and guidance documentation. Staff adhere to such policy and procedures for the safe administration of medication, covering areas such as - the prescription, supply, receipt, self-administration of medication, recording, storage, handling, and disposal of medicines that accord with legislation and professional regulatory requirements or guidance. Service users' medication is administered and monitored according to best practice as individually and clinically indicated to increase the quality of each person's life. Service users have access to and are registered with individual General Practitioners.

With reference to this policy, Ability West also has in place a discharge policy and procedure with specific reference to situations whereby it is deemed that the current placement may not be the most appropriate one taking the individual needs of the service user into account. This policy outlines whereby it is deemed that a person's medical needs cannot be met by current

residential or respite service - in such situations a plan of action would be instigated with involvement of the service user if appropriate, their family members, relevant multidisciplinary and any other relevant staff or personnel.

In line with this policy on health and well being and to deliver on its objectives the organisation has in place the following:

- Policy and Procedure on Medication Management
- Policy and Procedure on Intimate and Personal Care
- Policy and Procedure on Health Care Checks
- Policy and Procedure on Referrals, Access, Transfers
- Policy and Procedure on Person Centred Planning
- Policy and Procedures on Review of Service Users' Services and Supports
- Policy and Procedure on Discharges
- Policy on Resuscitation
- Corporate Safety Statement and Centre Specific Safety Statements
- Policy on Hygiene and Infection Control

The above detailed policies and procedures can be accessed through the organisation's Quality Management System records on internal intranet system.

This specific policy and any related procedures will also be reviewed every two years.

Signed: Breda Crehan-Roche

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Implementation Date: 21 October 2014

VERSION HISTORY:

Rev. 0	PREPARED BY: Eileen Costello-Conneely, Services Quality Manager/Area Services Manager	DATE: 01/11/2013
	APPROVED BY: Breda Crehan-Roche, Chief Executive	DATE: 25/11/2013
Rev. 1	REVIEWED BY: Anna Farrell, Director of Client Services	DATE: 16/10/2014
	APPROVED BY: Breda Crehan-Roche, Chief Executive	DATE: 21/10/2014
	NEXT REVIEW DUE:	DATE: 25/10/2016

REVISION HISTORY:

REVISION	DATE	DESCRIPTION OF CHANGE	CHANGE NO.
0	01/11/2013	Introduction of new policy	N/A
1	20/10/2014	See QARF No. 238	0238