

Garvald Home Farm Care Home Service

Dolphinton
West Linton
EH46 7HJ

Telephone: 01968 682238

Type of inspection: Unannounced
Inspection completed on: 30 March 2018

Service provided by:
Garvald Home Farm Ltd

Service provider number:
SP2003001964

Care service number:
CS2003009176

About the service

Garvald Home Farm lies in the hills behind Dolphinton in the Scottish Borders. The farm was established in 1987 and provides a care home service for a maximum of nine adults with a learning disability. At the time of our inspection, seven adults with a learning disability were living there, with another person attending on a daily basis with a view to moving in. One room is a double room and would only be used as such if two people actively wanted to share.

The majority of staff and all of the residents live and work at the farm. Everyone has their own bedroom in two adjoining houses in the farm steading. The rooms are spacious and many have en suite facilities. There is a large kitchen and dining/gathering room, as well as several lounge areas for people to use. The farm office is in a separate building from the living accommodation and is accessible to everyone.

The farm operates as a social enterprise with people living and working together to run the farm according to bio-dynamic principles. As well as the aims;

- to aspire to the highest ideals of bio-dynamic food production - creating a healthy soil, growing healthy crops, rearing healthy animals and providing a healthy environment for people to live and work
- to develop projects and enterprises to encourage participation at the farm of the wider community, allowing the land and community to be used as an educational resource,

Garvald Home Farm aims to;

- provide a warm, caring environment where people with learning disabilities can live and work in a situation where they feel valued and feel able to achieve their full potential as human beings
- diminish the differences between people with learning disabilities and other members of the community.

Garvald Home Farm has developed a comprehensive development plan to be achieved over the next five - ten years. This includes;

- refurbishing the parts of the living accommodation that have not previously been upgraded
- constructing two Scandinavian-style lodges to provide additional accommodation
- developing the existing dairy and meat processing facilities to offer a wider range of suitable activities and workshops and produce and sell an expanded range of products
- improving the area used for educational activities to be able to offer a wider range of opportunities and encourage more involvement from the local community.

What people told us

We received care standard questionnaires from three people living at Garvald Home Farm. They all agreed that they were happy with the quality of the service.

We met people living at the farm during our visit. They were all clearly very happy with their life there. One person told us she felt very safe living there and she was able to visit and be in touch with family and friends who live locally. Another was very proud that he had lived there since the beginning, he felt like a founder member and was very happy with the chores he was responsible for and the way he was able to contribute to the community. One person was very happy to tell us he was a farm assistant and showed us the huge achievements he had made in preparing firewood for sale. We met one woman who took a real pride in setting

the tables and clearing up after meals. We saw very warm relationships between everyone living and working there, including children and other family members.

We spoke to two relatives by phone. They spoke very highly of Garvald Home Farm. One said the ethos was the most important part of the farm and described it as "a special place". The other appreciated the "very holistic way of supporting adults" and that they were "always welcome". They said their family member was really excited about the planned changes and developments.

Self assessment

We are not asking services to submit a self-assessment for this inspection year. Instead, we asked the service for their improvement or development plan and discussed any improvements they have made or intend to make.

From this inspection we graded this service as:

Quality of care and support	6 - Excellent
Quality of environment	not assessed
Quality of staffing	not assessed
Quality of management and leadership	5 - Very Good

What the service does well

People were very happy with their life at Garvald Home Farm. They felt valued as an equal member of the team. Everyone contributed to the running of the household and farm. They were proud of the role they played alongside others they live and work with.

People had a high level of choice and control in their lives. They had made an active choice to live there, they chose which chores they wanted to be involved in, they had a say in what needed to be done on a day to day basis and they had a say in who else lives and works there. Everyone was supported to be as independent as possible, taking care of their personal hygiene, looking after their home, doing their own washing if they wanted, being involved in preparing meals and clearing up, going on outings and to visit family and friends.

The service made sure people had a healthy life. Meals were well balanced and healthy, people were encouraged to be physically active, they took medications as prescribed and used the local health services and community learning disability team well for healthcare. People had things to do at the farm and out and about that they enjoyed. These activities gave them a real sense of worth. They had very positive relationships with people they lived and worked with and with friends and family.

Staff encouraged and supported people to use health screening as appropriate. They had held a men only health group, raising awareness of men's health issues and how to stay as well as possible. As part of NHS Borders "Healthier Me" project the Health Improvement Team had published a booklet called "six Ways to be well in the Scottish Borders". The service had used the headings from the booklet at residents meetings, creating a "windmill" of the suggestions each person came up with. They were also introducing the "six ways to be well" plans into reviews, to help people consider lifestyle changes to improve their health and wellbeing.

The service used people's Living and Working plans well. Each person's plan was personal to them and gave a real sense of the person. Risk assessments detailed how people could do the things they wanted to safely.

Review summary notes included looking back over the last 6 months, outcomes achieved since the last review, looking forward, ambitions and an action plan to achieve the things the person wanted to. People were supported by very committed staff who knew them very well. Relatives said, "They don't see staff come and go. Everyone is part of the team." "It's one of the few places everyone is nice to each other."

Relatives were very happy with the support their family member got. They mentioned things they were particularly happy with including;

- the pace everyone works at; slow, quiet, measured, that allows their family member to achieve all he can
- the way the community lives and works together, described as "fantastic"
- the way everyone contributes to their home, which is very empowering for their family member
- how welcome they and their family are to pop in any time, get involved or just have a "blether".

The managers had worked at Garvald Home Farm for many years. They were experienced, confident and committed to the ethos and objectives of the farm. They provided strong leadership to everyone involved. People felt the farm was well led and managed.

Everyone was involved in decisions about the farm; on a day to day basis at gatherings, at weekly cottage meetings, at weekly support team meetings and at the annual planning day looking forward to the year ahead. We found a strong sense that everyone's views and ideas were valued and that everyone could contribute in ways that work for them.

People's care and support was responsive to their needs and wishes. They experienced care and support from people who knew their needs, choices and wishes well. They were supported by people they knew well so they experienced consistency and continuity. Because they actively contributed to the team effort, they felt they gave as much as they received.

Garvald Home Farm had developed a five - ten year development plan, which everyone had contributed to. The plan took account of the changing needs of people with a learning disability living there and looks to develop opportunities for others. The plan was forward thinking and innovative. People felt real ownership and were actively involved in fundraising to make the plans a reality.

What the service could do better

The service plans to develop use of Talking Mats as a way of helping people express their feelings.

We suggested the service could improve recording and auditing of people's personal monies. They plan to discuss this with the person who audits their petty cash.

The service could develop improvement planning for the registered care service. We suggested they could use the Keys to Life Priority Outcomes; a healthy life, independence, choice and control and active citizenship along with the new Health and Social Care Standards; My support, my life to self-evaluate the service and plan improvements.

Requirements

Number of requirements: 0

Recommendations

Number of recommendations: 0

Complaints

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

Inspection and grading history

Date	Type	Gradings
28 Mar 2017	Unannounced	Care and support 5 - Very good Environment Not assessed Staffing 5 - Very good Management and leadership Not assessed
22 Mar 2016	Unannounced	Care and support 5 - Very good Environment 5 - Very good Staffing 5 - Very good Management and leadership 5 - Very good
14 Dec 2014	Unannounced	Care and support 5 - Very good Environment 5 - Very good Staffing 5 - Very good Management and leadership 5 - Very good
2 Dec 2013	Announced (short notice)	Care and support 4 - Good Environment 4 - Good Staffing 4 - Good Management and leadership 4 - Good
21 Feb 2013	Unannounced	Care and support 3 - Adequate Environment 3 - Adequate Staffing 3 - Adequate Management and leadership 3 - Adequate
26 Apr 2012	Unannounced	Care and support 4 - Good

Date	Type	Gradings	
		Environment Staffing Management and leadership	3 - Adequate 3 - Adequate 2 - Weak
24 May 2011	Unannounced	Care and support Environment Staffing Management and leadership	4 - Good 3 - Adequate 3 - Adequate Not assessed
31 Jan 2011	Unannounced	Care and support Environment Staffing Management and leadership	4 - Good 3 - Adequate 3 - Adequate Not assessed
1 Nov 2010	Announced	Care and support Environment Staffing Management and leadership	4 - Good 3 - Adequate 3 - Adequate Not assessed
9 Mar 2010	Unannounced	Care and support Environment Staffing Management and leadership	4 - Good 3 - Adequate 3 - Adequate Not assessed
17 Aug 2009	Announced	Care and support Environment Staffing Management and leadership	4 - Good 3 - Adequate 3 - Adequate 4 - Good
30 Apr 2009	Unannounced	Care and support Environment Staffing Management and leadership	4 - Good Not assessed 3 - Adequate Not assessed
1 Oct 2008	Announced	Care and support Environment Staffing Management and leadership	4 - Good 3 - Adequate 3 - Adequate 3 - Adequate

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