

Aberlour Options (residential) - Fife Care Home Service

Dunfermline

Type of inspection:
Unannounced

Completed on:
3 November 2025

Service provided by:
Aberlour Child Care Trust

Service provider number:
SP2010011118

Service no:
CS2010272608

About the service

Aberlour Options (Residential) - Fife provides a care home service to a maximum of five young people with complex learning disabilities.

The accommodation is provided in a single storey home in a residential area of Dunfermline. The house has a living room, a living/dining space and a large kitchen. Each young person has their own bedroom with shared en-suite bathrooms. The home is well furnished and has a homely feel. There is a large, fully enclosed garden to the rear of the property. There are access to shops and amenities nearby.

About the inspection

This was an unannounced inspection which took place on 27, 28, 29 and 30 October between 09:00 and 17:00. 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.

To inform our evaluation we:

- interacted with four young people in the house
- observed interactions between all young people and staff
- spoke with four family members
- spoke with ten staff members
- spoke with two managers
- spoke with four external professionals
- reviewed documents.

Key messages

- Children and young people were cared for with compassion, nurture and respect.
- A strong management team provided a supportive culture.
- Staff were skilled at supporting young people to have their voices heard.
- Meaningful connections were highly valued by the staff team.
- Young people's worlds were widened through connection to their community.

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

7.1 Children and young people are safe, feel loved and get the most out of life.

Children and young people were kept safe in Aberlour Options residential due to the strong relational care they received. They benefitted from a staff team who were skilled and attuned to their highly complex needs. The team created strong relationships with both young people, their families and wider team of professionals. One family member told us, "The young person is well looked after by a care service who go above and beyond in delivering their care." This meant that children and young people's holistic needs were met.

All staff spoken to were aware of the procedures in place for child protection. The Aberlour policy for both child protection and adult protection is in line with legislation and good practice guidance.

The staff team are equipped with the skills and knowledge to care for young people with complex needs. Managers have worked hard to navigate staff changes this year. One staff member told us, "Managers are approachable and friendly." This tells us that there is open communication among the staff team.

The home is built on respect. Respect of staff to young people but also staff with one another and to families and visiting professionals. One family member told us, "My young person is clearly known as an individual and shown love and compassion by the care service. They deliver care in a kind and appropriate fashion, which shows them respect and dignity." This tells us that staff understand young people's needs to deliver responsive and effective care.

The young people have access to a range of activities. From swimming, to days out shopping, frame running, boccia, parasports, sensory floor time and others. All of these activities ensure that young people are actively involved in their community. Some of the young people in the home have access to education. The relationships with their respective schools are very good.

Due to the complex medical needs of some young people, the service have specific training in medical care. This has been supported by professionals from the community. The staff have developed good procedures for medication and, protocols for moving and handling that are highly person centred.

A strength of the service is the very good relationships with families. The link team for each young person are effective at communicating directly with families and this allows young people to feel connected with those that are special to them. One family member told us, "They go above and beyond. They are like family." This tells us that the service value the importance of meaningful connections.

The home is warm and has a family feel. Each young person and their family have voiced how to personalise their space. Despite the considerable resources and equipment for some young people, the home does not feel clinical. One family member told us, "We are so lucky, it's so rare. It's so special."

Families told us that care planning was a collaborative process. Where possible, young people were also actively involved in making their own choices. Personal goals were mostly SMART (specific, measurable, achievable, relevant, time bound). Daily log writing was a focus for the team moving forward.

Areas for improvement

1. In order to ensure that staff are fully supported to meet the needs of the young people they should receive regular formal supervision.

This is to ensure that care and support is consistent with Health and Social Care Standards (HSCS) which states that "I have confidence in people because they are trained, competent and skilled, are able to reflect on their practice and follow their professional and organisational codes." (HSCS 3.14)

What the service has done to meet any areas for improvement we made at or since the last inspection

Areas for improvement

Previous area for improvement 1

In order to ensure that staff are fully supported to meet the needs of the young people they should receive regular formal supervision.

This is to ensure that care and support is consistent with Health and Social Care Standards (HSCS) which states that “I have confidence in people because they are trained, competent and skilled, are able to reflect on their practice and follow their professional and organisational codes.” (HSCS 3.14)

This area for improvement was made on 28 February 2024.

Action taken since then

Despite good progress, this area for improvement has not been met. There has been a number of factors contributing to this, including a significant change to staffing since last year and young people transitioning in to and out of the service. Staffing is now stable and new young people in to the service are very settled. All staff were clear they could access support from managers at any time. The service understand the importance of regular, planned supervisions and this is an ongoing focus area.

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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