

Arndean Care Home Service

Dunfermline

Type of inspection:
Unannounced

Completed on:
11 December 2025

Service provided by:
Fife Council

Service provider number:
SP2004005267

Service no:
CS2003006826

About the service

Arndean is a residential care service for young people provided by Fife Council. The service is based in a large detached property over two floors in an established residential area in Dunfermline.

About the inspection

This was an unannounced which took place on 8 and 9 December. 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 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:

- spoke with two people using the service and had survey feedback from three of their family
- we spoke with seven staff and management
- observed practice and daily life
- reviewed documents
- spoke with three external professionals.

Key messages

- Children and young people had positive and supportive relationships with staff.
- Care plans were well written and demonstrated a strong understanding of need.
- The setting was well maintained and had a homely feel.
- Family relationships were well promoted by the service.
- Changes in staffing had impacted consistency of relationships.
- Planning for continuing care needs to improve to ensure that children and young people are aware of their rights.

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?	4 - 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?

4 - Good

We evaluated this key question as good where several strengths impacted positively on outcomes for children/people and clearly outweighed areas for improvement.

Children and young people benefitted from knowledgeable and responsive staff who understood their needs. Indicators of concern were identified in risk assessments and multi-agency plans were in place to manage these with staff clear about their responsibilities.

Children and young people had access to independent advocacy from an external organisation. This advocacy support had been consistent over time for some young people which ensured that their views were well represented.

Children and young people experienced therapeutic stable care which supported their emotional wellbeing. Restrictive practice was not often used and the frequency of incidents had reduced. When restrictive practice was used, best practice principles were followed. Children and young people received appropriate support from staff through the use of life space interviews and staff received reflective de-briefs. This ensured that children and young people's emotional wellbeing was promoted.

Children and young people experienced warm, and trusting relationships with those caring for them. Staff demonstrated a good understanding of children and young people's needs and this was reflected in the quality of care plans which articulated support needs. Changes to staffing within the service had impacted consistency of relationships for children and young people and the use of bank staff had increased but at the time of the inspection the staffing situation had improved.

The setting was well maintained and had a homely feel and children and young people had personalised their bedrooms to their own tastes. Following the last inspection the service has engaged with children and young people regarding the impact of door alarms within the service and their use is under review. The service should undertake further action in response to the feedback received to address children and young people's concerns.

Children and young people's health needs were well met. Proactive engagement took place with health agencies when needs were identified and children and young people were encouraged to make healthy lifestyle choices.

Meaningful connections to family were well promoted by the service. Family time was actively promoted and family members were supported to visit the service to promote relationships.

Children and young people were supported to gain life skills and benefited from experiences that broadened their horizons. Children and young people had been on trips to London and had opportunities to engage in a range of leisure activities.

Children and young people were engaged in education. School attendance was promoted and the service engaged positively with education to increase access for children. Young people were supported to attend college and apply for appropriate opportunities to promote their attainment.

The provider's continuing care policy remains in draft. A lack of clarity around the policy for continuing care

impacted on outcomes and we were concerned that there was the potential that children and young people could feel pushed into making decisions to move out before they feel ready and properly prepared. The area for improvement in relation to continuing care is unmet and will be continued.

High quality care planning and risk assessments were in place which ensured children and young people's needs were met. Keyworkers engaged with children and young people to set and review goals to monitor progress.

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

To ensure children and young people experience consistent positive outcomes, the service should continue to develop its approach to trauma informed practice.

This should include but is not limited to:

- a) Reviewing recording of staff de-briefs to ensure learning and actions can be clearly identified.
- b) Review house rules and routines from a trauma informed perspective.
- c) Review impact of door alarms within the service on children's care experience.

This is to ensure that care and support is consistent with the Health and Social Care Standards (HSCS) which state: "My care and support meets my needs and is right for me" (HSCS 1.19).

This area for improvement was made on 31 July 2024.

Action taken since then

Debriefs sampled were well recorded with management overview and considered future learning.

House rules and routines reviewed and changes made based on feedback from young people.

Views sought regarding impact of door alarms within the service and wider review of use to be undertaken.

This area for improvement has been met.

Previous area for improvement 2

To ensure that children are aware of their rights and there is a demonstrable and enduring commitment to children and young people staying in the service as they become an adult, the provider should review its continuing care policy.

This is to ensure that care and support is consistent with the Health and Social Care Standards (HSCS) which state:

"I am supported to understand and uphold my rights" (HSCS 2.3).

This area for improvement was made on 31 July 2024.

Action taken since then

Continuing Care policy is in draft and planning for continuing care was not effective and service did not demonstrate an enduring commitment to children and young people staying in the service until adulthood.

This area for improvement will be continued.

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?	4 - Good
7.1 Children and young people are safe, feel loved and get the most out of life	4 - Good

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