

Aberlour Options - Lothian Care Home Service

Prestonpans

Type of inspection:
Unannounced

Completed on:
28 February 2026

Service provided by:
Aberlour Child Care Trust

Service provider number:
SP2010011118

Service no:
CS2010272793

About the service

Aberlour Options - Lothian is a care home that provides short breaks for children and young people up to the age of 23 years old who have complex additional support needs. The service is registered to provide care for a maximum of four children, young people or young adults at a time.

The service is provided in a large detached bungalow situated in a quiet residential area in Prestonpans. The house has a living room, dining room, kitchen, laundry room, sensory room and four bedrooms as well as a small office/staff sleepover room. Outside, there is access to a secure garden. Beyond the garden is a park that young people can access.

About the inspection

This was an unannounced inspection that took place on 28 February 2026 from 09:00 and 17:30.

This was a pilot inspection to test a new way of inspecting to provide assurance that better performing services continue to strive to meet the promise. No new evaluations (grades) have been awarded. This inspection is called a promise assurance inspection. It focusses on the key areas that are essential to upholding children and young people's right to be safe and be at the centre of their care. We report on them under the promise foundation headings of; 'Voice', 'Care', and 'People'.

To prepare for the inspection we reviewed information about this service. This included previous inspection findings, registration and complaints information, information submitted by the service and intelligence gathered throughout the inspection year.

We confirmed that the service continued to have the rights and voices of children and young people at the heart of their care and support. We know this because on this inspection we:

- reviewed responses to surveys from two families and four staff members
- spoke with four staff members
- spoke with the manager
- met with four young people
- observed practice and daily life
- reviewed documents.

Key messages

Voice

Young people and their families' voices were at the heart of the care they received. Adults within the service had created nurturing, strong and trusting relationships with young people. This meant that they were able to feel relaxed in their environment. One family member told us, "I think my child would say that to them Bankfoot is like a second home, where they are accepted for who they are." Care and support was highly individualised and centred around each young person's highly complex needs and preferences. We observed young people actively involved in choosing their activities through voice, PECS or gesture. This tells us the service use a range of communication methods to support young people to have their voices heard.

Care

Relational care was at the centre of the service. Observations of staff interactions were compassionate and respectful. They were based on a genuine understanding of young people's individual needs. One staff member told us, "I think we really try and respect the children and their rights." One family member told us, "My child is unable to tell me verbally about their time at Bankfoot, however through their smiles after spending the night there, I know they feel safe and secure there." This tells us that young people are kept safe by a knowledgeable staff team. The team tried to offer a range of activities to create experiences for young people, recognising that this was very much dependent on young people's needs but also their preferences and age.

People

There was a dedicated, experienced and knowledgeable staff team who were well trained and well supported.

A staff member told us, "We have good communication with parents. We have a good team of people to work with." Another staff member told us, "It is my opinion that we have good open communication between management and team members." This tells us that the service support an open, reflective culture. The staff team were committed to working collaboratively with families and engage them fully in the life of the service. This tells us that the service was committed to working towards The Promise and actively sought to seek out new ways to engage families in feedback, to support the positive culture of improvement.

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 support children's wellbeing, the service provider should ensure that all young people have personal plans that are detailed and comply with SMART principles. Clearly recording agreed actions to achieve positive outcomes for the young people, how these will be measured, how achievable these are and within which

timeframe.

This is to ensure that care and support is consistent with the Health and Social Care Standards, which state that: "My personal plan (sometimes referred to as a care plan) is right for me because it sets out how my needs will be met, as well as my wishes and choices."

This area for improvement was made on 13 March 2024.

Action taken since then

Young people have plans that are detailed. Of those reviewed, the goals were SMART (specific, measurable, achievable, relevant, timebound). Staff ensured that where outcomes for young people were long term, these were chunked into smaller, more achievable goals.

Ongoing updates under SHANARRI indicators (safe, healthy, achieving, nurtured, active, respected, responsible, included) provided context for how young people are progressing in all aspects of their care. Families were fully involved in the creation of care plans, this allowed meaningful involvement and all adults have their views heard.

Complaints

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

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 iarrrtas.

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.