

About Us



Community Options was established in 1990 and is a specialist provider of services for people who have mental health needs.

Our Mission

To inspire and enable people with mental health needs to lead valued and meaningful lives in the community.

What people who have used the service have said:

'Since moving to High Street, I am really enjoying it and want to live here for the rest of my life.'

'..This is the best place I have ever lived in, I have freedom of movement, good food and a nice big garden. The staff are excellent.'

'.. I have all my creature comforts here.'

How to access the service

The service can be accessed via a health professional such as a care coordinator. All placements need to be agreed by the Placement Panel.

Once a referral is received, Community Options will arrange to meet with the applicant to do an assessment within 7 working days. The meeting will ascertain if the service offered is what the person wants and to see if it will meet their needs.

Contact us:

56, High Street,
Chislehurst, Kent. BR7 5AQ

Telephone: 0208 313 9725

Email: enquiry@community-options.org.uk

Community Options is a trading name of Heritage Care Limited.



Registered Office:

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Registered and licensed by the Care Quality Commission (Provider ID: 1-102643235).
Heritage Care is a Company Limited by Guarantee Registered Number 07211819 and a Registered Charity Number 1135353. CO/AS06-1118



High Street

Providing 24 hour continuing rehabilitation and recovery for older people with mental health needs.

"This is the best place I have ever lived...."

CQC overall rating:

Good

www.community-options.org.uk

Accommodation Based Services

About 56, High Street

56, High Street, is an older adults Continuing Rehabilitation Registered Care Home. It is a large detached house which provides a homely environment for 10 older adults, with mental health issues and complex needs.

Each resident has their own room and shares communal areas, including the cosy sitting room, and large dining room. Residents can take part in a range of arts and music activities in the house.

This house is situated in the middle of Chislehurst in Kent and has a large landscaped garden. This location has good access to local shops, restaurants and public transport.

Who is the service for?

At High Street we provided a high quality unique service for older adults with severe and enduring mental health problems and complex needs.

The service can also support those with early onset dementia and/or diagnosis of autism. Support can also be provided to those with physical health needs including diabetes.

What we can do

- Provide 24 hour flexible staffing to meet individual need this includes sleep in and waking night staff.
- Support people with all aspects of their mental and physical wellbeing.
- Provide practical support with daily living skills.
- Allocate each Person a keyworker who will have regular one to one meetings with the person where they can raise any issues or concerns they may have.
- Support people to have an individual support plan, that helps them to set out what they want from their stay in the project. This is done by assessing needs using the Recovery Star tool and then helping identify goals, assisting to plan how the person will achieve their goals and identifying what support they may need to help them to get there.
- Provide a cook to support with meeting nutritional needs. This includes having a varied daily menu on site that people have choice over.
- Offer lots of indoor and outdoor activities for people to get involved in.
- Assist people to access services available within the Borough and local community.

Outcomes from the service

People who use these services can expect to have:

- More choice, responsibility and control over their lives.
- Greater independence all areas of their lives.
- Better understanding of their own recovery.
- Coping strategies for managing their wellbeing.
- Increase in their general wellbeing.
- Increased knowledge of the opportunities available to them in the wider community.
- Valued social role and increased confidence.
- Contributed and had a voice in the services provided.

About High Street Staff

We have a dedicated team of Project Workers including an Occupational Therapy Assistant (OTA).

The OTA provides evidence based interventions in areas including: motivation, life skills and communication to support positive outcomes.

Our staff team at High Street have a varied wealth of experience and life skills which help them provide the best support possible.