

City Bridge Trust – Monitoring Visit Report

Organisation: Integrated Neurological Services	Grant ref: 10696	Programme area: Older Londoners
Amount, date and purpose of grant: 30/06/2011: £93,000 over three years (£30,000; £31,000; £32,000) towards the costs of an Occupational Therapist working with older clients with neurological conditions.		
Visiting Grants Officer: Sandra Jones	Date of meeting: 12 February 2014.	
Met with: Belinda Canosa (Fundraising manager) , Fiona Muir (Fundraising Officer) and Sheila JWhite, (Specialist OT in Neurological Rehabilitation)		
1. Introduction to the organisation: Integrated Neurological Services (INS) was established in the early 1990s to work with people across the range of neurological conditions. The charity provides advice, physical therapy and the opportunity for clients to meet and socialise. Services are provided both in INS' centre and through home visits. The charity also provides support for carers. The INS staff team are clinical professionals and includes occupational therapists, physiotherapists and social workers.		
2. The project funded: You awarded INS £93,000 over three years at your meeting in June 2011. The charity drew down its first payment in July 2011, and has submitted two monitoring reports since then, both of which were satisfactory. The funding was towards the funding of an occupational therapist specialising in Neuro-rehabilitation (60%FTE) specifically to work with older people. Services are delivered at INS' premises and at the client's home.		
3. Work delivered to date: The OT provided 186 individual sessions or home visits to older people during the year. Home visits provide advice and strategies to help older people maximise their independence through personal tasks such as bathing, dressing or turning over in bed; teaching the how to compensate for difficulties in domestic activities or provide aids and equipment. Therapist-led groups for 10 clients for each neurological condition have been run on a weekly basis, with clients attending the sessions for several years. Recently there has been a change in delivery from weekly to fortnightly for each group, which has allowed for second groups to be established thus offering the service to clients who were on a waiting list, thus offering the service to twice as many people. Short 4 week programmes (12 clients per programme) are also on offer to help clients with any condition to develop strategies to cope with memory problems and a further programme using reminiscence to boost memory and cognition. A new programme developed by the OT was piloted - a 12 week OT course for people with any neurological condition to help improve their physical, mental and emotional well-being. Six people attended and it proved to be successful so this will be run again. Every six months a 12 week programme is run for people who have had a stroke to teach strategies to cope with their disabilities and improve their independence and quality of life. Carers are invited to attend some of the sessions to increase their knowledge and how to encourage independence. A regular programme is 'Taking Back Control' to deal with anxiety and depression is provided, run over 8 sessions for clients and 3 for carers. The OT also leads on some of the fortnightly long term groups for people with Parkinson's Disease and strokes.		

Over the summer the OT has a programme called 'Expanding Horizons' offering a wide range of taster activities, with over 30 activities of offer (some running for several sessions) and to date over 260 individual sessions have taken place.

4. Difference made:

INS exceeded its beneficiary target and the OT has developed new services in response to needs identified by clients. No-one is turned away, and there is a waiting list of 14 people and the organisation tries to make sure that no-one is waiting longer than 3 months for its services.

Through the project INS has seen older people with neurological conditions gain confidence and improved quality of life. The OT plays a substantial and valued part in the continual development of INS services, which are evolving to meet the needs of clients, becoming more person-centred and designed to meeting the very complex problems that are encountered by people living with these incurable, deteriorating conditions.

All the programmes are well-attended, and from feedback given there is a positive impact on the individual clients lives. The post has allowed the organisation to take on an additional junior OT as well as a rehab assistant, both supported and supervised by her. They are also able to offer placements to OT students from Brunel University, benefitting both the students and INS.

5. Grants Administration:

The organisations record keeping is extremely good, and tracking restricted funds and costs are clear and accessible for funders such as CBT. Satisfactory monitoring reports have been received on time and CBT is acknowledged in the organisation's accounts and annual report.

INS undertakes regular monitoring and evaluation of the services, and is able to record the impact of the services for each client.

6. Concluding comments:

INS's OT programme for older people with neurological conditions is comprehensive and the organisation has built up a good reputation in the region, with the statutory services using them extensively. There is clearly a positive impact on those older people accessing the services, and the service is valued by them and their carers.