The Keston Unit at The Priory Hospital Hayes Grove

Rehabilitation and Recovery and Specialist Autistic Spectrum and Asperger Syndrome Service
The Priory Hospital Hayes Grove is located in a small village in Bromley, Kent and provides a comfortable and friendly setting, within its own tranquil and extensive grounds.

The Keston Unit is a specialised 9 bedded inpatient Rehabilitation and Recovery Service for male and female adults with high functioning autistic spectrum conditions who also have co-morbid psychiatric illness including mood disorders, psychosis and eating disorders.

The Keston Unit is embedded in a general psychiatric hospital giving the service access to a wide range of additional expertise including:

- Addictions therapies
- General psychology including groups
- Dietitian
- Pharmacy
- Specialist eating disorder psychiatry and psychology

Facilities include:

- Internet access
- Social and communal areas,
- A dedicated garden
- A dedicated female lounge
- Activities Room
- An occupational therapy room
Service overview

The Keston Unit provides specialist psychiatric, psychological and therapeutic assessments, post-diagnostic support, psycho-educational support and specialist therapeutic interventions to people over the age of 18 years with diagnosed or suspected Asperger Syndrome/High functioning Autism.

With patient consent, families and carers have the opportunity to be involved in any decisions about treatment and further support.

Specialist services at a glance

The Keston Unit’s specialist inpatient service package includes an assessment of the individual’s needs:

- **Co-existing conditions**
- **Social**
- **Occupational**
- **Physical health**

The service offers:

- **Psychiatric diagnostic assessments**
- **ASC diagnostic assessments** (diagnostic tools as recommended by the National Autistic society and the NICE Clinical Guidance for Adults with ASC, 2012.)
- **Cognitive Assessments** e.g. WAIS-IV, BADS, etc.
- **Occupational Therapy Assessments** e.g. sensory assessment and Activities of Daily Living
- **Comprehensive reports with recommendations**
- **Specialist Psychiatric Nursing**
- **Post-diagnostic Support**
- **Psycho-educational sessions**
- **Psychotherapeutic Interventions**, for example modified CBT
- **Therapeutic interventions**, including SaLT
Patient Pathway

Inpatient stays have three phases:

- **Phase one: Treatment plan is developed** – Following thorough reappraisal of past history and presenting state, full MDT assessment, medication review, meetings with family and subsequent review of the psychiatric and psychological formulation

- **Phase Two: The optimal treatment plan is commenced** – Weekly reviews by MDT, including rating scale outcomes (inc. HoNOS)

- **Phase Three: Planning ongoing care** – Explores the best long-term placement options and informs the transfer of care. Full clinical transfer to new placement

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**Referral to Keston Unit**

**Suitable referral:** Referral accepted

**Assessment for Keston Unit**

**Specialist Assessments by our multidisciplinary team**
(Psychology, OT, Psychiatry and Nursing)

**Implementation of specialist interventions** (delivered during inpatient stay)

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**Not suitable:** If a referral is declined, we will discuss further options with you and help with alternatives

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ONGOING MONITORING ON MENTAL HEALTH STATUS AND IMPLEMENTATION OF INTERVENTIONS
We strive to achieve the following outcomes for every patient:

• Healthy living
• Improvement in quality of life
• Community engagement
• Increased social integration
• Supported independence
• Reduction of risk and behaviours that challenge

Our in-house multidisciplinary team

The treatment programme across the hospital is led by an effective multidisciplinary team experienced in Autistic Spectrum Disorders, rehabilitation, recovery and caring for patients with enduring mental health problems and complex needs. The team includes:

• Consultant Psychiatrist
• Staff Grade Psychiatrist
• ASD Specialist Psychologist
• Nursing (RMN, RNLD and RGN)
• Physical Health Care Nurse
• Therapists
• Dietician
• Speech and Language Therapist
• Chiropodist
• Physiotherapist
• Optician
• Independent advocacy service
• GP
We work in partnership with families and carers. We have strong links with the local community and provide access to local amenities including:

- A gym
- Shops
- Leisure and entertainment centres
- Local parks
- Markets
- Cafés
- Churches
- The local college

We work in partnership with families and carers.
Referrals

To make a referral or for enquiries and further information, call us on 020 8315 8833, email hayesgrove@priorygroup.com or visit www.priorygroup.com

How to find us

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For more detailed directions on how to find us, please visit www.priorygroup.com

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Contact us

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