



**Oxford Health**  
NHS Foundation Trust



AED Step Care

# **Step Care: Starting Well Pathway**

# Who are we?

We are a multidisciplinary specialised adult eating disorder service designed to deliver intensive virtual care, to individuals in their own homes.

Our support across different pathways can be accessed both before and after inpatient treatment as we bridge the gap between inpatient and community services.

## The Starting Well Pathway

The Starting Well pathway has 2 functions; facilitating admission avoidance or preparing patients for hospital admission, with patient direction decided at a 4-week review.

Patients on this pathway are supported to restore weight and reverse malnutrition.

This pathway typically lasts for up to 8 weeks but can be extended for up to 8 additional weeks, depending on treatment effectiveness.

# What do we offer?

## **Nursing support**

- Safety / Risk planning
- Meal support
- Coping & Dialectical Behaviour Therapy (DBT) skills
- Group Dialectical Behaviour Therapy (DBT)
- Care / support needs
- Goal setting

## **Psychology Support**

- Psychological assessment
- Eating disorder formulation
- 1:1 evidence-based Enhanced Cognitive Behavioural Therapy (CBT-E)
- Group Enhanced Cognitive Behavioural Therapy (CBT-E)
- Psychological measurement of recovery

## **Art Therapy**

- Visual art media as mode of communication
- Challenging perfectionism
- Improving self-esteem
- Interests & quality of life

## **Dietetic Support**

- Weight stabilisation, reversal of malnutrition

- Regular eating, normal eating, introducing avoided foods
- Collaborative weighing
- Nutrition groups
- Food shopping support

## **Physical Health**

We work alongside your community team to maintain your safety.

Your community team or GP will continue to conduct medical and physical checks (e.g. weight, blood tests) as needed.

## **Family and Carer Support**

- Specific contacts for family & carers
- Facilitating attending meetings where appropriate
- Psychoeducation for family & carers

## **Maximising your Care:**

Step Care holds hope that recovery is possible, especially when it feels impossible.

We support patients to become their own therapist over time.

To get the most out of your admission, it is really important to prioritise treatment.

This means attending all appointments and avoiding breaks in treatment, or extended periods of travel.

## How do I access this service?

Patients can only be referred by their community eating disorder team to the single point of access (HOPE SPA). If the referral is accepted, a treatment planning meeting will be held with the patient and existing care team where we discuss how Step Care can best support you.

# Contact us

Email: [AEDSTEPCare@oxfordhealth.nhs.uk](mailto:AEDSTEPCare@oxfordhealth.nhs.uk)

Open hours 9am-5pm Monday to Friday excl. bank holidays

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# Accessibility

An accessible version of this leaflet can be found on our website: [www.oxfordhealth.nhs.uk/leaflets](http://www.oxfordhealth.nhs.uk/leaflets)

## Get in touch

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## Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone             0800 328 7971

Email             [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)

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