



Oxford Health
NHS Foundation Trust



AED Step Care

Step Care: Staying 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 Staying Well Pathway

The Staying Well pathway is for patients who have completed inpatient treatment and are stepping down into the community.

We work with your community team to ease treatment transition, aiming to support patients in sustaining treatment progress, and prevent relapse.

This pathway lasts for up to 8 weeks with the duration decided at a week 4 review.

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 inpatient adult 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 could best support you.

Contact us:

Email: AEDSTEPCare@oxfordhealth.nhs.uk

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

Cotswold House Oxford, Warneford Hospital, OX3 7JX

Accessibility

An accessible version of this leaflet can be found on our website: 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

Become a member of our foundation trust: www.ohftnhs.uk/membership

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: www.oxfordhealth.charity