



life works  
TRANSFORMING LIVES



## Life Works eating disorder day care programme

**At Life Works, we recognise the impact that an eating disorder has on all aspects of a person's daily life. As such, our in-person day care programme aims to support you holistically, focusing on the psychological, social, behavioural and physical aspects of your eating disorder.**

Together, our multidisciplinary team provides a specialist day care programme using evidence-based therapeutic interventions. Our goal is to provide you with the tools to promote and sustain your recovery journey, all with minimal impact on your daily life.

### Our programme

Before admission onto the day care programme, clients will go through our free therapy assessment, where we will introduce ourselves and our programme, and discuss goals and expectations for each person before they engage with the programme.

Everyone's experience with their eating disorder is unique, and this assessment process will allow us to develop a comprehensive and bespoke treatment plan with each person, to address their needs and goals.





## Packages and costs

Package	Cost (per day)	What's included?
<b>Premium day care programme</b> 4-5 days per week	<b>£780</b>	<ul style="list-style-type: none"> <li>• Weekly physical health checks</li> <li>• Bloods (if required)</li> <li>• Table support</li> <li>• 2 exposure outings with occupational therapist (if 3 weeks' attendance or more)</li> <li>• Weekly psychiatric review</li> <li>• 1 weekly individual therapy session</li> <li>• 1 weekly individual occupational therapy session</li> <li>• 1 weekly dietetic session</li> <li>• Family conjoint</li> <li>• Weekly family support group (for duration of day care being attended)</li> <li>• Family programme</li> <li>• Intensive group therapy</li> <li>• Breakfast, lunch, dinner and 3 snacks per day</li> </ul>
<b>Deluxe day care programme</b> 3 days per week	<b>£740</b>	<ul style="list-style-type: none"> <li>• Table support</li> <li>• Fortnightly psychiatric review</li> <li>• 1 exposure outing with occupational therapist (if 2 weeks' attendance or more)</li> <li>• 1 weekly individual therapy session</li> <li>• 1 weekly individual occupational therapy session</li> <li>• Fortnightly dietetic session</li> <li>• Family conjoint</li> <li>• Weekly family support group (for duration of day care being attended)</li> <li>• Family programme</li> <li>• Intensive group therapy</li> <li>• Breakfast, lunch, dinner and 3 snacks per day</li> </ul>
<b>Essential day care programme</b> 1-2 days per week	<b>Full day - £632</b> <b>Extended day - £702</b>	<ul style="list-style-type: none"> <li>• Table support</li> <li>• Monthly psychiatric review</li> <li>• Occupational therapist support</li> <li>• Fortnightly dietetic session</li> <li>• Intensive group therapy</li> <li>• Exposure work in the community (dependent on days)</li> <li>• 2 meals and 2 snacks (if full day)</li> <li>• 3 meals and 3 snacks (if extended day)</li> <li>• Any additions can be requested</li> </ul>

If you're self-funding and choose the executive or premium day care packages, you will have a £40 reduction on cost per meal if you cannot attend either breakfast or dinner.

We also offer a discount of 10% to self-funding clients who pay for 20 days of treatment up front.

#### **Additional costs:**

Any clients who need support over and above what's included in the package may access this, subject to additional costs. These include:

- + Additional individual therapy - £155 (50 minutes)
- + Additional occupational therapy - £155 (50 minutes)
- + Additional dietetic review - £155 (50 minutes)



## **Family support**

We recognise how important it is for clients to have their family members/partners/friends involved in their recovery journey. As such, we endeavour to include family as much as possible, should a client want us to. We offer clients and their loved ones the opportunity to attend a family support group/programme as follows:

- + Family support programme - this is 1 hour per week and conducted remotely for any family members who wish to join, while you're on the day care programme
- + Family programme - this takes place on-site and is available to any client choosing the deluxe package or above. Your family will receive an invite to this during your day care programme
- + Family conjoint - this can take place on-site or remotely and is available to any client choosing the deluxe package or above

## **Who can we support?**

- + Adults aged 18 years and older
- + People suffering from anorexia nervosa, binge eating disorder (BED), bulimia nervosa, other specified feeding or eating disorders (OSFED) and avoidant restrictive food intake disorder (ARFID)
- + People in need of support with weight restoration

## **The team that will support you**

- + Consultant psychiatrist
- + Occupational therapist
- + Therapist
- + Healthcare assistants
- + Therapy assistants
- + Dietitian





## Example timetable

Time	Activity
7.30am	Arrival (depending on the day, you may need to attend the clinic room before breakfast for nursing support)
8am	Breakfast
9.45am	Group therapy
11am – 11.10am	Morning snack with table support
11.20am – 12.20pm	Group therapy
12.30pm – 1.15pm	Lunch with table support
1.15pm – 1.45pm	Post-meal support
2pm – 3pm	Group therapy
3pm – 3.10pm	Afternoon snack with table support
3.20pm – 4.20pm	Group therapy
4.20pm – 6pm	Free time
6pm – 6.45pm	Dinner with table support
6.45pm – 7.15pm	Post-meal support

## Further information

You'll be assigned a consultant psychiatrist to oversee your care while you attend day care at Life Works. You may need an assessment with one of our consultants prior to starting the programme. If you're funding the programme with private medical insurance (PMI), your consultant will send off your funding forms to the insurance company you're with. Our team will then update you once we've received confirmation that funding is in place.

Following your acceptance into our day care programme, we'll advise you on the amount of days we feel you should attend. The therapy team and consultant will also continue to review your progress while you're with us. Should further weeks be advised and you are funding with PMI, then your consultant will send off your renewal forms.

## Enquiries

If you or someone you know is interested in our day care programme for eating disorders, please contact us today:

**Telephone: 0148 394 4763**

**Email: [enquiries@lifeworkscommunity.com](mailto:enquiries@lifeworkscommunity.com)**

**Visit: [www.lifeworkscommunity.com](http://www.lifeworkscommunity.com)**

For the most up to date information on our services, please visit our website.

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