

Aberlour Options (residential) - Fife Care Home Service

Dunfermline

Type of inspection:
Unannounced

Completed on:
28 September 2026

Service provided by:
Aberlour Child Care Trust

Service provider number:
SP2010011118

Service no:
CS2010272608

About the service

Aberlour Options (Residential) Fife provides a care home service to a maximum of five children with a range of complex needs. The service is provided by Aberlour Child Care Trust.

The service is set within a residential area of Dunfermline. The detached home is set over one level. Children have shared access to a living room and a dining room. There is also a separate kitchen. Each child has their own bedroom. The home includes an enclosed back garden.

About the inspection

This was an unannounced inspection that took place on 24 September 2026 from 10:00 and 16:00.

This inspection is called a promise assurance inspection. It focusses on the key areas that are essential to upholding children and young people's right to be safe and be at the centre of their care. We report on them under the promise foundation headings of; 'Voice', 'Care', and 'People. No new evaluations (grades) have been awarded.

To prepare for the inspection we reviewed information about this service. This included previous inspection findings, registration and complaints information, information submitted by the service and intelligence gathered throughout the inspection year.

We confirmed that the service continued to have the rights and voices of children and young people at the heart of their care and support. We know this because on this inspection we:

- reviewed responses to surveys from eight staff members and one professional.
- spoke with seven staff members
- spoke with the manager
- met with two young people
- observed practice and daily life
- reviewed documents.

Key messages

Voice

Adults within the service had created very strong bonds with young people. Adults knew each young person's individualised communication needs. This ensured that each young person's 'voice' was heard. Adults used individualised social stories as a form of communication for some young people to support their understanding of new activities or significant events. Young people were actively listened to regarding their interests. One young person showed through their actions an interest in the world cup. They were supported to join the adults and displayed their enjoyment through their presentation. This told us that adults were using their skills to pick up and support interests of young people. One adult told us, "Young people are encouraged to be active in their own care here. For example, the children are helped to choose meals that they like every week, or pick bedtime stories, music, or activities throughout the day."

Families were fully involved in the support of young people. This ensured that decoration for rooms was co-designed with a comprehensive knowledge of each young person's likes and preferences.

Care

Person centred care was at the centre of the service. Observations of adult interactions with young people were based on an in-depth knowledge and understanding of their needs. One family member told us, "We think it is just fabulous here. The care they receive is just wonderful." This told us that skilled adults worked in partnership to provide a high level of care and support.

Reviews of care plans were significantly detailed to include all aspects of young people's needs and preferences. Goals were appropriate and were shared within care plans and also celebrated on display around the home.

Adults were trained in all aspects of care and more experienced members of the team supported others to develop their practice to raise confidence. This created an additional layer to training to create a skilled, knowledgeable team.

People

Observations of adults with young people were nurturing and compassionate. One young person was observed playing on the floor, with a range of materials, supporting their sensory needs. Adults demonstrated fun and humour when interacting.

Adults were supported by a strong management team. The large team spoke highly of one another. One staff member told us, "We are a good bunch of people. We all have different values." Another staff member told us, "I feel that I work in a warm, welcoming, and homely environment which allows the young people to feel safe and happy." This assured us that adults worked well together and created a culture of support.

Adults spoke about increasing visibility of their young people in the community. This assured us that the service were actively promoting the promise.

What the service has done to meet any areas for improvement we made at or since the last inspection

Areas for improvement

Previous area for improvement 1

In order to ensure that staff are fully supported to meet the needs of the young people they should receive regular formal supervision.

This is to ensure that care and support is consistent with Health and Social Care Standards (HSCS) which states that "I have confidence in people because they are trained, competent and skilled, are able to reflect on their practice and follow their professional and organisational codes." (HSCS 3.14)

This area for improvement was made on 3 November 2025.

Action taken since then

The majority of core staff were receiving supervision within the organisation's required timescales. While some supervision sessions had been delayed and rearranged due to management illness, there was evidence that alternative arrangements were being considered to minimise disruption. Senior external leaders provided assurance that supervision for relief staff would be delivered consistently. This is an area we will expect to see embedded at the next inspection.

Met within timescales.

Complaints

There have been no complaints upheld since the last inspection. Details of any older upheld complaints are published at www.careinspectorate.scot.

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