

Housing – Living independently

In 1987, thanks to the private initiative and personal commitment of Waltraud Moser and Iris Alge, the Mühlegasse residential home in Frastanz opened its doors to welcome and give a new home to long-term patients from the mental hospital LKH Rankweil.

In 1993, the Mühlegasse Residential Home Association (in German “Verein Wohnheim Mühlegasse”) took over the management of the residential home and placed it at the disposal of “aqua mühle frastanz” in 2010. Today, the association is the majority shareholder of AQUA Mühle Vorarlberg gGmbH.

Today, the team of “Housing – Living independently” care for about 60 people with mental health problems and offer varied ways of consolidating and enlarging daily routine structures.

The service is aimed at allowing clients to be a part of society and live independently by offering them care and assistance in an individual service.

AQUA Mühle Vorarlberg

AQUA Mühle Vorarlberg endeavours to support people who, for different reasons, have not managed to be a part of society or who are under threat of being excluded from society. The reasons for this are manifold and require individual solutions.

As an innovative Vorarlberg-based company, AQUA Mühle offers a wide variety of services in the social sector that are continuously adapted to the changing needs of society.

As an organisation focusing on social services, AQUA Mühle has a responsibility towards the region and its common welfare. This includes maintaining social contacts and avoiding “long distances”, thereby making an ecologically valuable contribution, as well as creating opportunities to market products from the region.



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AQUA Mühle Vorarlberg gGmbH is sponsored by:



Housing – Living independently

- Assisted living
- Accommodation in transition periods
- Assisted living with non-residential care
- Assisted living 60+



Housing – Living independently

Stability and security

The division Housing – Living independently provides coaching, care and support to people with mental health problems over a period of time that is individually determined together with each client.

Giving people stability and security is of crucial importance. This creates the perfect ground for developing the skills needed to act and live independently.

We analyse and develop the individual support needed together with our clients and the network partners involved according to our guiding principle “as much independence as possible, while providing as much assistance as necessary”.

Services

Assisted living

In the district of Feldkirch, assistance is offered in individual flats and shared flats (2 to 13 places). **Care can be provided for up to 24 hours a day.** The goal is to enable clients to handle the tasks of everyday life on their own and with the necessary support. For clients with a particular need for support, we also offer **accommodation with intensive assistance.**

Accommodation in transition periods

The support offered by this service allows clients to change over to another independent form of living such as **assisted living with non-residential care** in a non-disruptive way. The goal is to explore more independent forms of accommodation.

Assisted living with non-residential care

Since the autumn of 2011, AQUA Mühle has offered non-residential care for people with mental health disorders in their own homes.

Assisted living 60+

People aged 60 or over (care level 2 to 4) are eligible for this service in Frastanz. The goal is to make clients feel at home and to maintain their independence.

Content

In the **individual coaching** we help clients make plans for their future and achieve individually agreed upon goals.

Group coaching comprises, among other activities, outdoor, leisure and adventure education. Making plans and choosing activities for their leisure time together allows clients to find a balance between how they experience themselves and how others experience them.

The **housing assistance** offers individually adapted support in coping with everyday life.

The adult **day care service** is tailored to clients' individual needs and to their social situation and allows them to have the necessary social contacts as well as to take their own personal development steps. Several forms of coaching, occupation and therapy are available.

Overview

	Assisted living	Accommodation in transition periods	Assisted living with non-residential care	Assisted living 60+
Individual coaching	x	x	x	
Group coaching	x	x	x	
Housing assistance	x			x
Adult day care service	x	x	x	x



Network partners

- Vorarlberg Federal State Government
- LKH Rankweil mental hospital
- Doctors
- Psycho-social institutions
- Federal Ministry of Justice
- HPE Vorarlberg: Help for relatives of people with mental health disorders
- Omnibus association: Platform provided by and for people on the way to mental recovery