

CHC



CHARING HEALTHCARE

committed to care and support

Welcome to Blair Park

Originally built in the 18th century, Blair Park was formerly used as a doctor's surgery before it was sympathetically converted into a care home for the elderly. Blair Park is located in Milton Regis just off the A249 at Sittingbourne Kent.



At Blair Park, we are delighted to have been awarded the highest standard rating from Kent County Council, making us a preferred provider for them as well as other local authorities. Blair Park Care Home can accommodate up to 43 residents and we are able to accommodate funded as well as private clients, with a variety of accommodation choices. We have standard bedrooms, large en-suite bedrooms and large double rooms for married couples.



Blair Park Care Home prides itself on its social activities; we feel that social activities are important and help to improve our residents' quality of life. We have our own Activities Co-ordinator who organises on-site activities and arranges outings to a number of different venues in the vicinity. Professional entertainment is a regular feature at Blair Park: opera and classical singers from favourite shows, magicians and many other entertainers often visit our home. We also organise "wine and wisdom" evenings, summer fetes, and scone & tea parties. Families are always welcome at these events.

Blair Park, 2 Beechwood Avenue, Crown Road, Milton Regis, Sittingbourne ME10 2AL

TEL: 01795 423695 ◆ FAX: 01795 477869 ◆ www.charinghealthcare.co.uk



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Care

We are committed to providing a warm and loving environment for our residents; our passion and high regard for the elderly has been the driving force in making Blair Park so successful. We aim to provide personal care to each of our clients in a way that takes into account their unique requirements. We always provide assistance when it is required but we encourage independence where possible and treat all our residents with dignity and self-respect at all times. Our excellent care team is on hand twenty-four hours a day, and is comprised of highly experienced and knowledgeable professionals.

Blair Park also has access to local medical specialists and other professional service providers. We enjoy regular visits from the district nurse and a nearby chiropodist as well. We also have a hairdresser who visits weekly, cutting and styling residents hair in our well-equipped hairdressing salon.



Staff

Our care team are all dedicated professionals who have completed extensive training in a variety of disciplines, including first aid, manual handling, infection control, caring for dementia patients, fire awareness etc. Staff attend extra training courses on a regular basis, to ensure their skills are always up to date.



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Facilities

Blair Park has grown over the years, but still maintains its homely atmosphere. The home benefits from a lovely, bright conservatory, overlooking the gardens to the rear, and a beautiful new extension that has been added to the front of the building. The front of the building features a patio area where residents can sit and relax on sunny days. The home also boasts two spacious lounge areas for residents to relax in, along with a spacious dining room, and we have both a regular passenger lift and stair chair lift for the benefit of residents who cannot climb stairs. Each room is fitted with a nurse call system, which can be used to call for immediate assistance, and all our rooms are fitted with a suite of furniture.



Food & Drink

We have a spacious dining room where meals are an important daily social event. The tables are laid with linen cloths and serviettes and all clients are offered a choice of where they would like to take their meals: either in the dining room or in their own rooms. We serve 3 meals a day, with residents able to choose from a selection of dishes for each meal. Our seasonal menu changes on a 4-weekly cycle and is designed to ensure that residents enjoy a well-balanced, nutritious diet. Our menus may vary slightly depending on the client's needs/like's.



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Guide to Facilities

- ◆ Wi-Fi
- ◆ Easy Access
- ◆ Visitor Parking
- ◆ En-Suite Rooms Available
- ◆ Home Cooked Food
- ◆ Nurse Call System
- ◆ Accessible Garden
- ◆ Separate Lounge and Dining Rooms
- ◆ Security Access
- ◆ Telephone Points (Available in some Rooms)
- ◆ Television Points (Available in most rooms)
- ◆ Bath Hoists
- ◆ General Hoists
- ◆ Internal Lift
- ◆ Maintenance Team
- ◆ Hairdressing Salon



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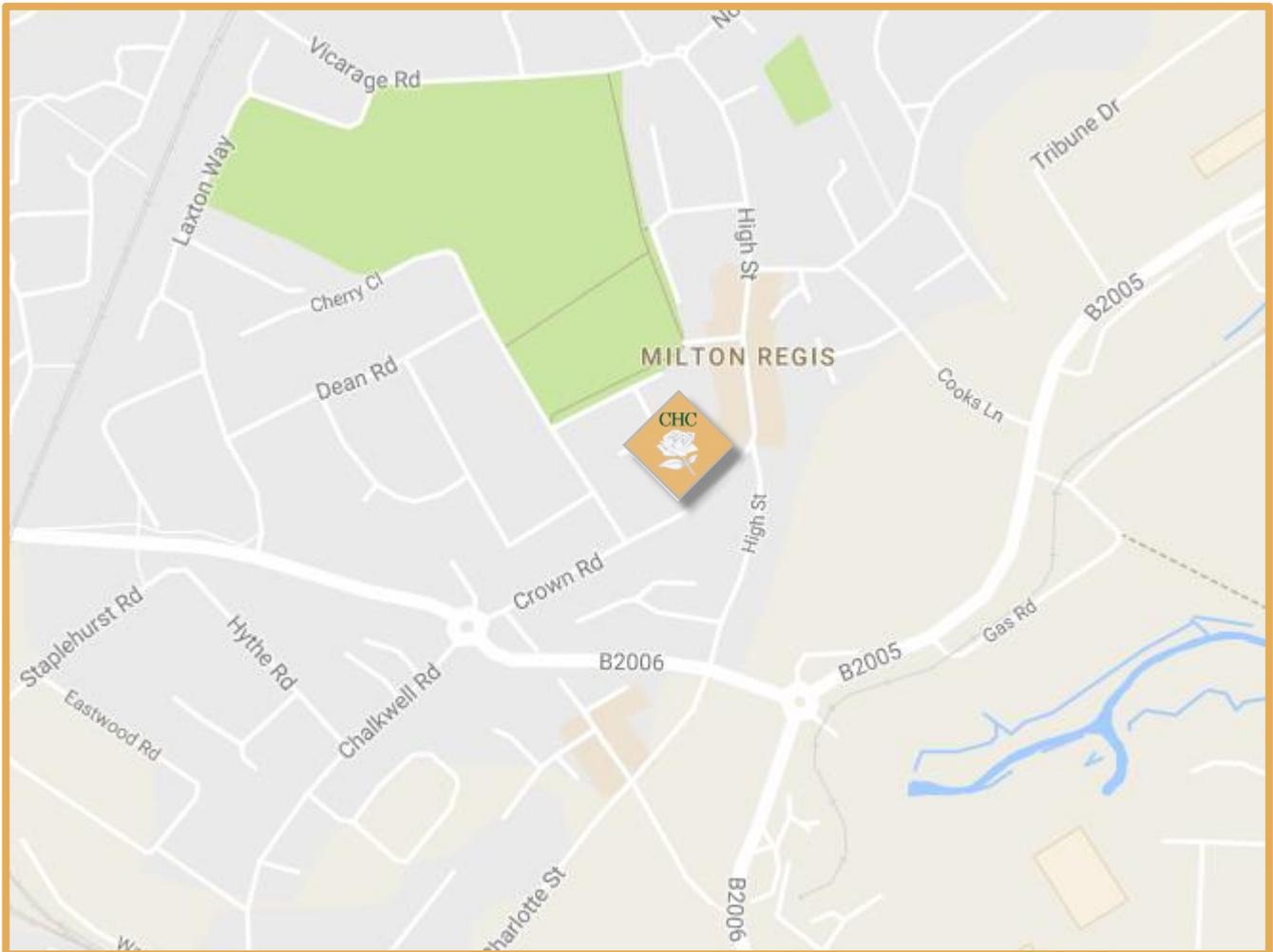
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Home Contact

Miss Louise Stocker

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Making The Right Choice

Our Aims and Objectives.

- ◆ We aim to provide a home from home environment with appropriate care and support from a well trained staff team to enable you to continue living your life in a safe and happy home 24 hours a day for as long as you need to..
- ◆ We will ensure that we work with you and your family, friends, advocates and other professionals involved in your life in gathering all the information we need to make sure we can meet your needs.
- ◆ We will build your Plan of care or Support Plan to reflect the information gathered so that everyone who needs to know can support you in your care needs as an individual.
- ◆ We will strive to meet and indeed exceed the Fundamental Standards of Quality and Safety as detailed within the Health and Social Care Act 2008 by:
 - conducting regular reviews and close monitoring of our services
 - welcoming complaints and compliments
 - listening to your views
 - acting on your views and comments in a timely fashion
- ◆ We want our residents and their families to be reassured that they are in a “Home for Life” but only where we can demonstrate that we can continue to meet that individual’s needs.
- ◆ Where an increase in needs is such that we cannot realistically and safely continue caring for an individual we will ensure that all the appropriate professionals are involved, we will support that resident and their family in finding alternative accommodation.





Further Questions & Answers

Information is essential to enable us to make informed decisions. In 1998 the Office of Fair Trading surveyed nearly 1000 residents of care homes, they found that fewer than 1 in 4 had received, or remembered receiving, any written information about the home before they moved in. Leaving your home and its familiar surroundings to move into a care home is a big step. It is therefore important that you look at all the choices that you have available to you first and find one that suits your needs before you make a decision

Frequently Asked Questions

Personal Possessions

Meals

Personal Care

Communal Areas

Leisure

Other Important Points

Residents' Rooms

Staff

The Fees

The questions and answers under the categories below aim to help you make an informed decision about which care home to choose. The answers below are applicable to all Charing Healthcare homes.

Personal Possessions

Q: How much furniture or personal possessions can I bring with me?

A: It is your personal choice, we will provide bedroom furniture and would encourage you to bring in any smaller items to personalise your room, like photographs, pictures, clock, soft furnishings and nic naks. If you wish to bring in a larger item please discuss this with the manager.

Q: Can I bring any pet?

A: We are more than happy to consider you bringing your pet into your new home but the manager would need to assess the situation taking into account a number of other factors.

Residents' Rooms

Q: Are Bedrooms single or shared?

A: Throughout all our homes a minimum of 95% of rooms are single, our shared rooms may be suitable for couples or friends who wish to share, there is a partition curtain to respect privacy and dignity in these rooms.





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Q: Are there any en-suite w.c's?

A: A majority of our rooms have en-suite facilities, there are some rooms due to the nature of the building and layout we could not incorporate an en-suite facility, but all rooms have a vanity unit. For rooms with no en-suite, toilets are easily located within a short walk from all bedrooms and communal rooms.

Q: Can I lock my room?

A: Yes, everyone has the right to have a lock on his or her door.

Q: Can I have a telephone installed?

A: Any resident can have a phone installed, this will be the responsibility of the resident and all bills must be sent to them direct or to a relative. We will be happy to make arrangements for the installation of a phone should you wish to have one in your room.

Q: Can meals be taken in my room?

A: Yes, it is possible for residents to eat their meals in their rooms if they wish, however, we do encourage residents to join in for lunch and dinner.

Q: What can you tell me about your bedrooms?

A: All our bedrooms are tastefully decorated with full matching furniture and carpeted, a nurse-call conveniently located, heating can be adjusted in your room, all windows open to a safe point and a television point; should you have any other requirements we would be happy to accommodate, if possible.

Communal Areas

Q: Are there different sitting areas including quiet rooms?

Q: Is there a separate dining room?

Q: Are there smoking and non-smoking areas?

Q: Is there easy access for frames or wheelchairs to get to communal areas?

Q: Is there a lift?

A: All our homes have a number of day rooms and a private room for residents who may wish to spend time with their families but not in their bedroom. All homes have separate dining, T.V and quiet rooms. All our homes have a no smoking policy inside the building, but residents and families are welcome to smoke in the designated area, all homes have a lift and corridors / walkways have easy access to wheelchairs and frames and corridors all have handrails.

Meals

Q: Is there a choice of meals provided?

A: Our meals are varied and nutritious, the menus change frequently and choices are available for vegetarian, diabetic residents or any other dietary requirements. Wherever possible, we take time with our residents to find out what they like, what they would like to see on the menu in the future and if they are happy with the choices they are given.

Q: Can I have a guest eat with me?

A: We would happily accommodate relatives or friends at meal times, but would ask you to inform us in advance so that arrangements can be made.





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Q: Before I move into the home, can I go there for a meal to see what it is like?

A: This is something that we would recommend; it enables you to get to know the staff and other residents.

Leisure

Q: Are there any organised leisure activities or outings?

A: Yes, leisure activities take place within our homes. Our homes often have outside entertainment such as singer's etc. come in and perform and outings are arranged.

Q: Can I carry on doing the activities that I currently do?

A: Our homes enjoy many trips out, depending the location of the home, we have trips to the seaside, theatre, themed lunches with a sing-a-long and many more. Where possible we would encourage residents to carry on with activities that they enjoy, we also have constant organised in-house activities. All our homes have gardens which are constantly maintained for the benefit of the residents and should they wish to do some planting of their own we have no objection to this, and if cooking is your desire you are welcomed to help prepare meals. This would be subject to the home manager being satisfied its safe for all.

Q: Does the home celebrate days or festivals that are important to me?

A: We enjoy celebrations of any kind, Christmas, New Year, Easter and especially resident's birthdays. If you have a personal reason to celebrate, please tell us and we will be more than happy to celebrate with you.

Q: What are visiting hours of the home?

A: All our homes hold an open door policy and welcome visitors at any time, however, should your relative or friend wish to visit very late at night, it would be helpful if a member of senior staff was informed during the day as all night staff are not familiar with the residents families or friends.

Q: Do the spiritual pastors of any religions visit?

A: We can arrange for a pastor from most dominations to visit the home should you wish.

Staff

Q: Are there enough staff?

A: We always run within the expected guidelines of staffing levels, we always aim to have extra staff on hand to cover for sickness and holidays; as a company policy we believe it pays nobody to be understaffed.

Q: Does the staff have time to sit and chat to the residents?

A: Yes, this is a big part of our staffs' duty, which is enjoyed by the residents and staff.





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Q: Do the staff take any interest in the resident, their past, their family, their interests, their likes and dislikes?

A: Care plans are devised to do just this, with the help of the resident and family when a resident joins us; this gives staff the basis to form a good relationship with the resident and an opening to find out more about each other.

Q: What training is available to staff?

A: Staff have access to a verity of training courses to ensure they are able provide good care. Some of these training courses are: Fire Awareness, First Aid, Diabetes, Infection Control, Food Hygiene etc.

Q: Are the staff trained in handling techniques?

A: Yes, all our staff go through Moving & Handling training.

Q: Do they have any formal qualifications?

A: Our extensive training program ensures that staff are trained and have every option available to them to educate themselves, many of our care staff are qualified to NVQ 2, 3 and 4 levels. From January 2011 we will support and guide our un qualified staff in undertaking the new HSC Diploma courses at differing levels. All our staff receive some form of qualification including kitchen staff, whether its first aid or food and hygiene diploma, the company has on-going training programme's in all homes.

Personal Care

Q: Do staff handle bathing, incontinence and give medicine in a sensitive way?

A: Our staff are highly trained in all aspects of personal care and respect the residents rights to privacy.

Q: Can I get up and go to bed when I like?

A: The simple answer is yes. We want you to do as you would have done in your own home.

Q: Can choices be made about when residents take a bath?

A: We would accommodate each residents preferences.

Q: Can I keep my own doctor?

A: Yes, whenever this is possible.

Other Important Points

Q: Is there a waiting list or a current vacancy?

A: As this changes please ask for the latest information on the home you are interested.

Q: Can I have a trial period?

A: Our residents are always offered a trial period.

Q: Will I be able to vote at elections?

A: Yes, this is always possible for residents that wish to vote.



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Q: Will the home regularly look at my needs?

A: Each resident have their own Care plan which are regularly updated so that resident's needs are always being met.

Q: Is there a complaints procedure?

A: There is a complaints procedure and we encourage you to discuss any concerns you have with the manager of your home in the first instance.

Q: Is a contract offered to me?

A: A contract is always given to the resident or family member.

Q: Is the home well equipped?

A: All our homes are equipped with assisted baths, lifts and hoists.

Q: Does the home have outside professionals come in?

A: Yes, we have regular visits from the chiroprapist, hairdresser, optician and when necessary a physiotherapist.

Q: Will you store personal valuables?

A: We cannot store personal valuables i.e. jewellery, we can hold a small amount of cash for residents for personal expenditure if they wish.

The Fees

Q: What do fees include?

Q: How much are they?

A: Our fees include: meals, laundry, 24-hour care. Our room prices vary from home to home and the type of care you are looking for, whether it is for residential or nursing care, each home has its own room price and the home manager can help you with this. Fees are paid monthly in advance and they are reviewed once a year, the review will be based on inflation and the resident's needs.

Should you require any further information please either contact the Home Manager or Heather Viggers, Director of Care.

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