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Edendale

Residential Care Home

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EMI Registered for
31 Residents

Welcome to Edendale EMI Residential Care Home!

Overview

Edendale EMI Residential Care Home is situated in the seaside town of St Leonards-on-Sea, in the heart of East Sussex. Located on an attractive residential road, just minutes from the town centre and beach, Edendale provides a home to elderly members of our community who are no longer able to live independently.

As specialists within the EMI sector, our team of professionals are highly experienced in providing care to those suffering the effects of Alzheimer's, Parkinson's, dementia, confusion and other similar conditions. We pride ourselves on providing a warm and loving home for our residents and an environment which is stimulating yet peaceful and dignified.

Edendale is a registered member of the Care Quality Commission (CQC), the principal regulatory body for the care industry. We welcome male and female residents of 55 years and over and place no restrictions on religious practices or pets, provided they do not disturb others. Prior to new residents joining us, we carry out a full assessment of their needs, preferences, medical condition and personality. On arrival, our staff make every effort to settle a new-comer into the home, a process which can be disorientating for an elderly individual unless handled with genuine care and concern.

Care and Support

We recognise that moving to a residential home can be as big a transition for a family as it is for a resident. We aim to provide on-going support to you and your loved one, not only through the initial move but for years to come.

The team at Edendale consists of approximately 30 members of staff who see to residents' needs 24 hours a day, all year round. Care extends to personal and physical needs including regular toileting, bathing, dressing and grooming, whilst at the same time discretely relieving the discomfort and embarrassment of incontinence and maintaining respect and dignity.

Nursing requirements, fulfilled by the District Nurse, are happily accommodated and we liaise with residents' GPs and doctors on a regular basis so as to ensure that individuals are in optimum health.

Mobile hairdressers, chiropodists, opticians and dentists also visit our home regularly to provide their expertise, and we have handymen and gardeners who work throughout the week to maintain Edendale's good upkeep and pleasant gardens.

Facilities

Edendale consists of two large, adjacent, Victorian houses set in pleasant gardens, with ample parking and easy access. We provide facilities to make life comfortable and safe for our residents.

There are four lounges and three dining areas, each with colour televisions and views onto the gardens. Most bedrooms are single occupancy and double rooms are available to those who prefer not to be alone. All rooms have wash basins and call buttons so that a carer is never far from reach. Bathrooms and toilets are located on all floors and 'medi-bath' facilities are available to assist residents with difficulties getting in and out of the bath. One house is also equipped with a chairlift to assist less mobile residents.

Entertainment & Activities

For the enjoyment of our residents, each house has televisions and music players in the living and dining rooms. Board games, books and talking books for the blind are provided and residents may also participate in weekly craft sessions. Accompanied walks in the gardens are frequently arranged, as are visits to shops, cafes, the library, church and local fetes. Outings to the White Rock and De La Warr theatres also take place regularly, not forgetting the annual afternoon of tea and cakes at Buckhurst Park stately home.

A pianist and singer visits Edendale twice weekly when residents may appreciate the music, request favourites and dance along. Weekly exercise and stretch sessions are also held in each house for those who wish to participate and although residents are free to pass their time as they wish, every encouragement is made for them to use the communal living areas, thereby avoiding isolation.

Edendale's residents are visited fortnightly by 'Motivate', an organization of professional therapists. These therapists specialize in delivering activity sessions aimed at stimulating the minds and bodies of the elderly and mentally ill.

Finally, every effort is made to make Christmas a pleasant time for our residents. A 'Christmas Carols' evening is held, during which punch and snacks are served and, in the week before Christmas, staff and residents celebrate with a pre-Christmas pub lunch. Birthdays, Easter and New Year are also celebrated as appropriate.

Home cooking is provided by our experienced cooks and meals are adapted to the requirements of individuals when necessary. The fully equipped laundry room operates 24 hours a day. Residents clothes are cleaned, ironed and returned to their wardrobes on their behalf.

Staff Training

Our carers receive formal training externally and internally from our Manager, an experienced psychiatric nurse, qualified in post-compulsory education. Many are qualified to NVQ2, NVQ3 & NVQ4 levels. Training takes place using a variety of approaches including role-play, group sessions, one-to-one mentoring and appraisal and is carried out in accordance with industry guidelines. The following topics are covered as standard:

- Nursing the Elderly Mentally III
- Vulnerable Adults
- Health and Safety at Work
- Food Hygiene
- Fire Prevention
- Handling & Moving
- Stress Management
- Basic Care Skills
- Communication
- Bereavement

Visitors

Visits from family and friends are always encouraged. When transportation is a problem for a visitor, arrangements can be made for them to be collected and returned home without charge. For those travelling a long distance, overnight accommodation may also be provided only a few minutes walk from Edendale.

Enquiries

The team at Edendale EMI Residential Care Home looks forward to being of service to you. Should you have any further queries or questions regarding the accommodation and services that we provide, or should you wish to arrange a viewing of our home, please do not hesitate to contact us. We look forward to being of service to you.