



St Gladys Nursing Home

Information Booklet

December 2019



*53 Lower Kimmage Road
Harold's Cross
Dublin 6 W*

Welcome/ Introduction

This Information Booklet aims to inform residents / families and healthcare staff of the services provided within St Gladys Nursing Home. This document is accompanied with a copy of our **Statement of Purpose, Contract of Care** and the latest inspection report. We are very pleased to welcome you to our Nursing Home. We will endeavor to help you to settle in and trust you will enjoy living here. Your Service Provider is Willoway Nursing Home trading as Harvey Healthcare. St Gladys Nursing Home is Part of Harvey Healthcare.

Your **Director of Nursing** is: Ms June Annesley

Our Mission Statement

We, as members of the Nursing Home Sector, see ourselves as an integral part of the Health Service. We promote the highest possible standards of accommodation, facilities and care to residents and their families in our nursing home. The dignity and fullness of human life is of the utmost importance to us and thus determines our operating policies.

We seek to provide all appropriate care in accordance with the requirements of each resident and a homely environment which is comfortable, allows privacy and is clean so as to enable residents to retain their individuality and self respect. The organisation of our Nursing Home and the attitude of our staff shall respect the individual needs of the residents, help them achieve personal dignity and allow, wherever possible, the right of choice especially with regard to the pattern of their daily lives

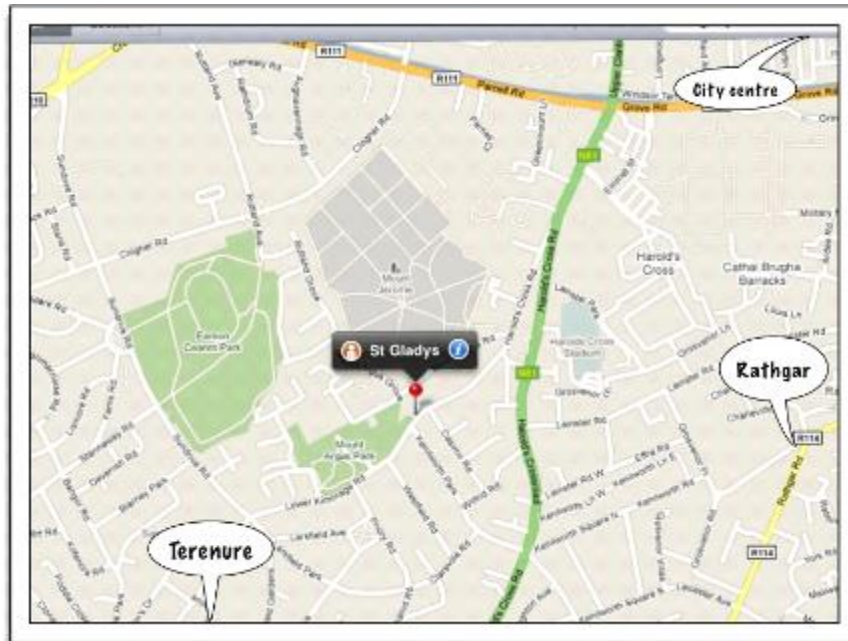


General Resident and Visitor Information

Location:

St Gladys Nursing Home is located at:

53 Lower Kimmage Road, Harold's Cross, close to Mount Argus, Rathgar and Terenure (See map)



2Bus Services:

The following bus routes service our Nursing Home: **54A & 19A**

Car Parking:

St Gladys Nursing Home has parking available at the front of the Nursing Home. Management bears no responsibility for loss or damage to vehicles or personal belongings. All vehicles are parked at the owners own risk. When transporting residents, cars can be driven to the nearest possible appropriate set down point only.

Postal Address:

Post is delivered on a daily basis. The postal address is:

St Gladys'Nursing Home, 53, Lower Kimmage Road, Harold's Cross, Dublin D6WC566

CCTV

St Gladys Nursing Home is protected by CCTV cameras in public areas such as; sitting rooms, dining rooms, corridors and car parks. There are no cameras in residents' rooms or bathrooms or areas where there is an expectation to be private.

Telephone:

The direct telephone number for this Nursing Home is: 01-492 7624. Mobile phones can also be used and residents can consider having direct lines installed in their rooms

Visiting Times:

Visiting times in St Gladys Nursing Home are very flexible but visitors are encouraged to visit between the hours of 9am to 9pm.

Visitors are encouraged not to visit during meal times as this often distracts the resident but should a relative wish to assist a resident in dining, please speak with the Director of Nursing.

Meal Times:

Breakfast: 07.30-09.00 (flexible)

Lunch: 12.30-14.30 (flexible)

Tea: 16.45-17.30 (flexible)

Supper: 7.30pm - onwards

Light refreshments and snacks are available upon request.

Pastoral Care:

Our ethos and philosophy reflect our care and concern for our residents. We therefore see our care embracing the physical, social and spiritual aspect of each person. Pastoral care arrangements will be provided according to the resident's individual wishes and Ministers of Religion will be made welcome in the Nursing Home and Mass is celebrated in the Nursing Home on a weekly basis and there is also a Eucharistic Service

Smoking & Alcohol:

In compliance with the Tobacco Smoking (Prohibition) Regulations 2003,

St Gladys Nursing Home is a smoke free environment and does have a dedicated smoking room.

On admission residents are asked to discuss smoking and alcohol requirements.

SMOKING IN BEDROOMS IS STRICTLY PROHIBITED.

Laundry:

We have a laundry service in our Nursing Home and can launder clothing provided it is marked with the resident's name. However, we strongly encourage families to launder their relative's clothes at home. If this is the desired options please inform our Director of Nursing and we will ensure that clothes are stored for collection.

St Gladys Nursing Home has insurance cover for personal items (up to €1500) but residents and relatives are advised not to store valuable items in the Nursing Home or to have them placed in our safe.

Clothing:

Residents are encouraged to bring their own clothes such as daywear, nightwear and toiletries into the Nursing Home.

The following list is a guide only:

Suitable day clothes, (3 sets) including shoes and socks.

- | | |
|-------------------|---------------------|
| Nightwear | Dressing Gown |
| Slippers | Plenty of underwear |
| Toilet requisites | Sun Hat |

Outdoor coat, scarf, hat, to use in the grounds or go to external appointments. We are very happy to assist residents to purchase new clothing as they require.

Personal Items:

We aim to provide a homely environment. To achieve this, residents are welcome to bring in their personal belongings such as a radio, pictures etc to help personalise their rooms. Before using any personal electrical items please consult with the Director of Nursing as it would need to be checked to ensure it complies with our fire precautions.

It is not advisable to bring large sums of money or valuables into the Nursing Home. In exceptional circumstances the Director of Nursing will store money or valuables safely. You will receive a receipt for this.

Nursing Services Provided:

The main role of every staff nurse and healthcare assistant is to provide twenty-four hour care to all residents. Our aim in our Nursing Homes is to be a centre of excellence on older person care. Our objective is to care for residents utilising evidence – based best practice. In view of this, all nursing and healthcare assistant staff adhere to national and international evidence based policies, procedures and standards when caring for residents in our Nursing Home.

Healthcare assistants support nursing staff by assisting in daily activities including hygiene, mobility, nutrition and social recreation. St Gladys Nursing Homes provides all residents with showering facilities and assistance with personal healthcare.



Facilities:

St Gladys' Nursing Home has a combination of single and sharing accommodation. The maximum number of residents that can and will be accommodated in our Nursing Home is 51 residents and there are **21** single rooms ranging in size from 10.2 to 12.8sqm and **15** twin rooms which range in size from 15.5 to 19.7sqm. The majority of rooms are located in the two wings and 3 rooms are located off the sitting rooms. Our shared rooms provide company for residents but have dividing curtains to ensure privacy and dignity. New residents or relatives will be shown the location and type of room prior to moving to our Nursing Home.

All rooms have call bell systems and electric beds and residents are encouraged to personalise their rooms.

The Nursing home is a large period house with a generous entrance hall with large reception and dining rooms either side of the hall. There is a fully equipped kitchen and four bedrooms upstairs. In addition there are two purpose built wings to the sides of the house which contain bedrooms and additional reception rooms. The design of our building creates a 'homely' feel to the Nursing Home with carpet in the living rooms and comfy chairs and couches.

GP Services:

Residents may retain their own GP where possible, or change to a GP recommended by the Nursing Home.

Care Development & Activities:

The Nursing Home takes into account the resident's interests, hobbies, experiences, personality as well as the resident's medical condition. Our Nursing Home offers a wide range of activities designed to encourage the resident to keep mobile, and most importantly, take an interest in life.

Within our Nursing home there is a key staff member who has a specific focus of nurturing and supporting Harvey Healthcare's philosophy of a person centred approach to care. This person works closely with our Director of Nursing to support this philosophy through the implementation of purposeful activities, staff training and development as well as providing advisory support for a dementia friendly social environment.

Activities take place on a daily basis and the timetable displayed but there are many 'ad hoc' activities that take place depending on how residents' wishes.

Exercise to music, Sonas (stimulation of the senses) program, Bingo, Aromatherapy, Music Sessions, Board Games, Arts and Crafts, Cinema Club, Quiz and Crosswords, Mini Basketball, Board Games, Cards, Peata. We also have discussions of topics of interest and day trips. Aromatherapy and Sonas program are conducted twice monthly and carried out by qualified personnel. There is, of course, a visiting chiropodist and a regular hairdresser. (Some activities are not covered under the Fair Deal contract. There is a weekly charge of €35. Details are set out in the Contracts of Care)

The above is not an exhaustive list and, as part of the residents' social and personal care plan, our staff will get to know the residents interests and tailor activities accordingly. Residents may have an interest in gardening that they would like to continue or painting and arts or simply playing cards, all of which can be accommodated. Family input can be very helpful in this regard.

Care Plans:

Residents, relatives or advocates will be offered the choice to be involved in the development of their care plan. These care plans will be reviewed every four months or more frequently if required. Residents will be notified of any review.

A resident's right to refuse treatment shall be respected and documented and the matter brought to the attention of the resident's medical practitioner.

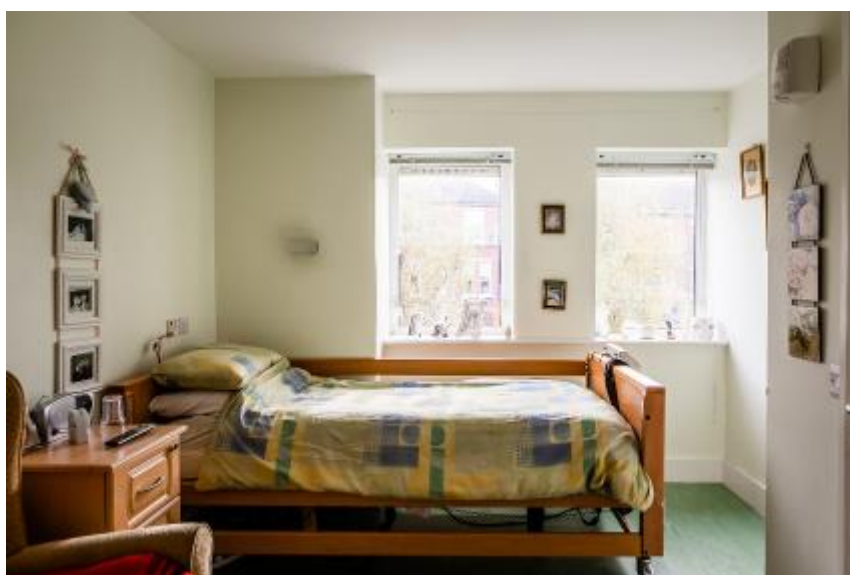
Residents are facilitated to exercise their civil, political and religious rights as per our policy.

Residents' Representative Group:

Our Nursing Home has a Residents Representative Group which consists of residents, relatives, staff members and independent volunteers who participate and assist in the organisation of the nursing home. This also facilitates new suggestions, ideas etc. which will improve the comfort of our home. We also have a suggestions box at the entrance to the facility, which you are encouraged to use.

End of life care:

Appropriate care and comfort will be given to the resident to address their physical, emotional, psychological and spiritual needs. Resident's religious and cultural practices are facilitated. Resident's family and friends are facilitated to be with the resident when they are dying. Resident's death is managed with dignity and propriety.



Fire Safety:

Fire Safety is of paramount importance to our Nursing Home management team. There are fire exit signs located around the Nursing Home and we would request that all residents / families follow the instructions of the Emergency Evacuation Procedure located in the front hall. Lifts must not be used during a fire. As part of our admission procedure you will be shown the fire exits and emergency points. These will be shown to you on several occasions post admission so that you are familiar with the locations.

Health and Safety:

The Health and Safety of residents / families and staff is also of paramount importance to the Nursing Home management team. We would request that all residents / visitors be vigilant when walking around the Nursing Home and report any Health & Safety concerns to any staff member.

Children or vulnerable residents / visitors should not be left unsupervised / alone during visiting times.

Complaints:

Formal complaints by residents or their relatives will be investigated by management and dealt with through our Nursing Home's complaints procedure.

Complaints referred to us will be dealt with quickly and efficiently and justified grievance will be promptly remedied.

Our complaints policy is displayed in the entrance hall and we also have an independent complaints officer to ensure review complaints.

These procedures do not take away from the resident's right to complain to any Statutory Body.



***WE HOPE YOU ENJOY YOUR STAY AT ST GLADYS
NURSING HOME***