



Nephin Road Nursing Home

Information Booklet

December 2019



Nephin Nursing Home
132/134 Navan Road
Cabra
Dublin 7
D07 X294

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Welcome/ Introduction

This Information Booklet aims to inform residents / families and healthcare staff of the services provided within Nephin Nursing Home. We are very pleased to welcome you to our new 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. Nephin Nursing Home is Part of Harvey Healthcare.

Your **Director of Nursing** is: **Anitha Achuthan**

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



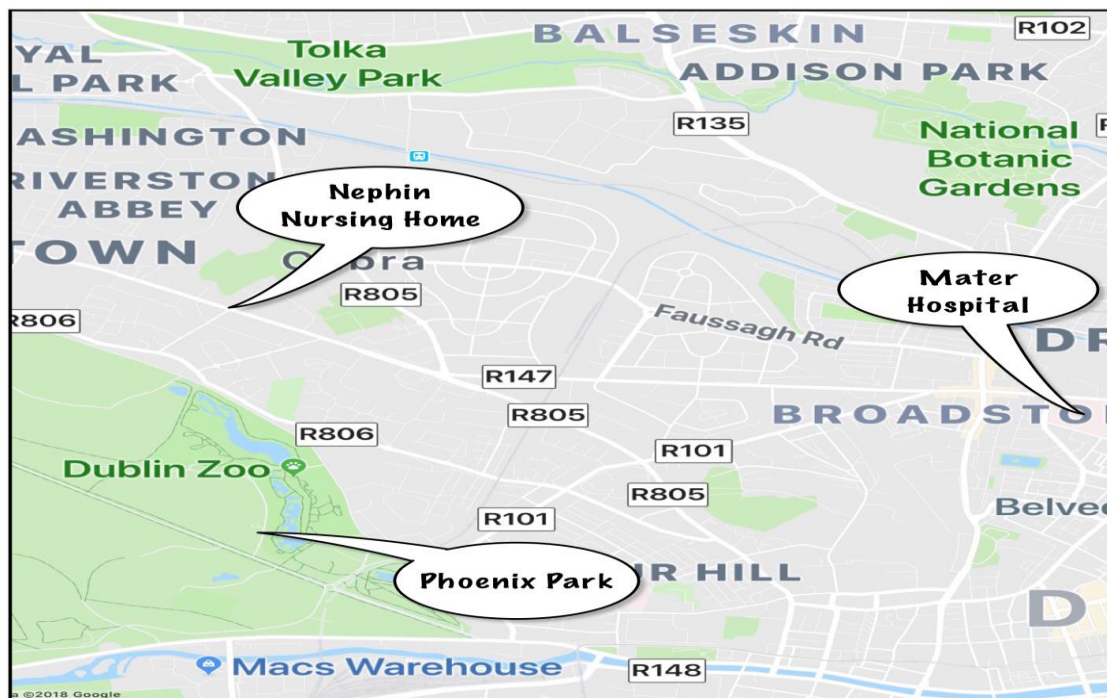
General Resident and Visitor Information

Location:

Nephin Nursing Home is located at the corner of Navan Road & Nephin Road, opposite Cabra Garda Station

Nephin Nursing Home is very accessible by public transport and is on 9 bus routes (nos 37, 38, 38a, 38b, 39, 39a, 70, 70n, 70d, & 122 routes) as well as less than 15mins from the Bloombridge LUAS stop. It is very close to the Mater, James Connolly and Beaumont Hospitals as well as several private hospitals

Nephin NH



Accommodation:

There are currently 62 beds in our facility, 50 single and 4 sharing, 2 bedded rooms, the majority of which are ensuite and benefit from underfloor heating, call bell system, multi-channel TV, CAT5, electric beds as well as numerous day rooms, oratory, treatment room, activities room, family room and enclosed garden areas.

All residents receive 24/7 nursing care, quality food offerings and clean and well-presented accommodation. We have an extensive activities program which is tailored to suit the needs of all our residents despite any physical or cognitive impairment. The terms and conditions in respect of accommodation will be provided in your contract of care which is available prior to admission on request.

Bus Services:

The following bus routes serve the Nephin Nursing Home 37, 38, 38a, 38b ,39, 39a,70, 70n, 70d, &122 routes

Car Parking:

There is free parking on Nephin Road and surrounding roads, which visitors are encouraged to use as, although there is an underground car park, parking is constricted in the lower ground floor and access to the Nursing Home is only permitted by walking up the ramp to the main entrance at ground level. Management bears no responsibility for loss or damage to vehicles or personal belongings. When transporting residents, cars can be driven to a dedicated set down area at the front of the facility.

**Postal Address:**

Post is delivered on a daily basis. The postal address is 132 Navan Road, Cabra, Dublin 7, D07 X294.

CCTV

Nephin Road 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 of privacy.

Telephone:

The direct telephone number for this Nursing Home is: 01 538 3340

Mobile phones can also be used and residents can consider having direct lines installed in their rooms. In addition we have free WiFi throughout the facility.

Visiting Times:

Visiting times in Nephin Road 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: 12.30-1330 (flexible)

Tea: 16.45-17.30 (flexible)

Supper: 730pm - 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 we intend to have Mass celebrated in the Nursing Home on a weekly basis as well as a Eucharistic Service.

Smoking & Alcohol:

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

Nephin Road Nursing Home is a smoke free environment, but it does have a dedicated outdoor smoking area.

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

SMOKING IN BEDROOMS IS STRICTLY PROHIBITED.



Laundry:

Our Nursing Home has a laundry service and can launder personal clothing. All personal clothing must be 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.

Nephin Nursing Home has insurance cover for personal items (up to a specified limit) 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 non-slip 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 for 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. Nephin Road Nursing Homes provides all residents with showering facilities and assistance with personal healthcare.

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. Nephin 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 centered 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.



Terms and Conditions relating to residency

The terms and conditions in relation to the Contract of Care is outlined in the Contract of Care- a copy of this is given to you/representative prior to admission to enable you to make an informed decision. The terms and conditions in relation to termination of contract and the notice period required by both parties are outlined in the contract of care. Any discharges are discussed and planned for with each resident and where appropriate his /her family/representative. Discharges are made in accordance with the terms and conditions of the resident's contract. In the event of a temporary absence from the nursing home due to a transfer to hospital your bed/bedroom will be secured and available for you on your return.

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 will have a Residents Representative Group consisting 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 which is displayed in the foyer.

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 are regulated by HIQA and a copy of our most recent report is available for your perusal.



***WE HOPE YOU ENJOY YOUR STAY AT NEPHIN NURSING
HOME***

