

this is

Spring

COMMUNITY CARING



Homework is a real must

Selecting a nursing home for your loved one can be a stressful and worrying experience for all involved, so it's vital to do your homework before making your choice.

There are a number of factors to consider and the wide variety of services on offer can make the decision even more difficult, so firstly it's important to put together a list of what you and your loved one believe to be the most important facilities available to you.

The first thing to decide is whether your loved one needs simply a residential care home, which would provide the care and attention you would expect from a caring relative at home.

Residential home staff can help with personal care, such as getting up, washing and dressing, and generally each home focuses on a specific area, for example caring for those with a physical disability or mental health problems.

Meals are provided and there are often outings and other activities that you can take part in.

Alternatively, nursing homes specialise in providing nursing care for those suffering from sickness or injury or infirmity; care that requires the skills of a qualified nurse.

Once this decision has been made, think about any religious or dietary requirements that have to be considered and enquire about the choice of meals that are on offer daily, to ensure you will like them.

Are facilities such as a lift, assisted bath or wheelchair access important, and do bedrooms have en-suites?

For many elderly people, a pet is a comforting companion they are unlikely to be willing to give up, so ensure you enquire if the nursing home allows pets, and the person moving in smokes, check what the smoking policy is.

Moving home can be made all the more easier if you are able to bring personal items such as furniture, so ask if this is a possibility too.

Importantly consider how far you are willing to travel to visit your loved one.

If you want to go to the home every day, the closer the home is to your own, the less stressful this will be.

It can also be a comfort to your loved one if they are remaining in the area they are used to.

Once you have your checklist visit as many homes as possible.

All registered nursing homes must have a brochure giving details of the facilities on offer so take one home after your visit and spend time comparing and contrasting those you and the your loved one like.

It can be a difficult time for all involved, but if you have taken the time to ensure you pick the right home for your loved one, their time spent there will be more enjoyable and you'll feel more relaxed about the situation.

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Court House, A Georgian Retirement Home



Court House Retirement Home in Cheddar is a very special place to live, the main word there is choice. The residents at Court House live an independent life, they choose how to spend their time, they choose where to eat their meals, they choose the company they wish to entertain and although entertainment and outings are provided no one is expected to take part, again it is the residents choice.

Court House has been run by the same family for Twenty-Two years and it will continue to be so. The staff are wonderful, caring people, who treat residents with respect and dignity and again many of them have been there for a long time.

You won't find staff in uniforms with name badges because all of the staff are in constant touch with all of the residents and this lovely place is a normal home to the people who live there. Court House is far from the picture that some people have of residential homes; it is truly a very special place.

'One of the most beautiful and well kept retirement homes I've ever seen' - the photographer

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