

...we care



ST. MICHAELS
REST HOME





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WELCOME

To St Michaels Rest Home, we are one of the most respected and well known care home in Bexhill-On-Sea. We provide award winning residential and specialist dementia care services for the elderly.

The dedication and devotion of our highly-trained staff has established our reputation as an exceptionally 'friendly and caring' home. Our residents' quality of life is greatly enhanced by the comfortable, warm and secure environment that St. Michaels provides.



Since my wife has been in the care of St Michael's both management and staff have done all in their power to make her comfortable and content. The food is well prepared and presented, I had an excellent Christmas lunch there with my wife and on her birthday, early in the new year, she was well looked after. Little things like this go to indicate the depth of feeling shown by the staff of St Michael's and I thank them for their care and kindness.

Keith via www.carehome.co.uk

Introduction

Located on the Coastal town of Bexhill-On-Sea, St Michaels is on one of the most prestige roads in Bexhill. We have good access and transport services within Bexhill and East Sussex areas.

St Michaels is recognised for its strong services and values to provide care for the elderly. We are committed to providing the unique and highly skilled care those living with dementia require in order to maintain a fulfilling, safe and dignified lifestyle. Our residential care services cater for people needing support with daily living activities.

These include washing, dressing, eating and mobility. Our trained and dedicated carers are on hand 24 hours a day, 7 days a week, to meet the individual needs of our residents.

With its modern equipment and technology, each bedroom is unique in its charm and furnished according to the needs of the resident. Every effort is made to support people to feel comfortable in their surroundings by encouraging them to personalise their rooms with their photos, pictures and other belongings, if they so wish. The large communal lounge and

conservatory is full of character and provides the perfect calm setting for people to engage with others.

The Home is set in landscaped gardens with outdoor seating for residents and their families to enjoy.







"They may forget your name, but they will never forget how you made them feel."

Maya Angelou

Staying With Us

Our professional kitchen staff are committed to serving up delicious homemade food, that is fresh and nutritious.

We believe that mealtimes play a very important part in the overall care we provide and our kitchen staff strive to match our high levels of care by serving restaurant quality food that can be enjoyed by all of our residents.

In keeping with our philosophy it is our aim to always engage our residents and allow them their right to have a choice and opinion we do this

by encouraging our residents to offer us their favourite recipes and menu ideas ensuring that everyone enjoys meal time.

Our hospitality extends to welcome friends and families to join their loved ones at mealtimes. We understand the importance of friends and families involvement in everyday life.

Our dedicated activities co-ordinator organises and arranges a variety of opportunities for our residents to enjoy daily activities in our home (including Art and Craft room, raised

garden beds. We are always open to suggestions from residents and relatives, so if there is something you think would be of interest to others we will try to accommodate this.

St Michaels is also involved in all local and seasonal charity fundraising

events and we try to involve the residents and their friends and families.



My Mum has been in St Michael's since August 2013. The care provided is very good, food is great and the home is always clean. Susan, the Home Manager, has a great rapport with the residents, which gives it that homely feeling and makes them all feel welcome. We can sleep at night knowing she is safe and well looked after.

Sue Foster via www.carehome.co.uk

Our Professional Care

Our Care Homes is registered for provision of Dementia Care.

Residents are welcome on either a long stay basis or for shorter convalescent or respite care (perhaps when a home carer takes a short break or is unavailable for whatever reason).

Our standard of care is regularly monitored by the Care Quality Commission (CQC) and we continuously strive to meet the highest standards.

At St Michaels we understand that every individual is unique and there is no "one-

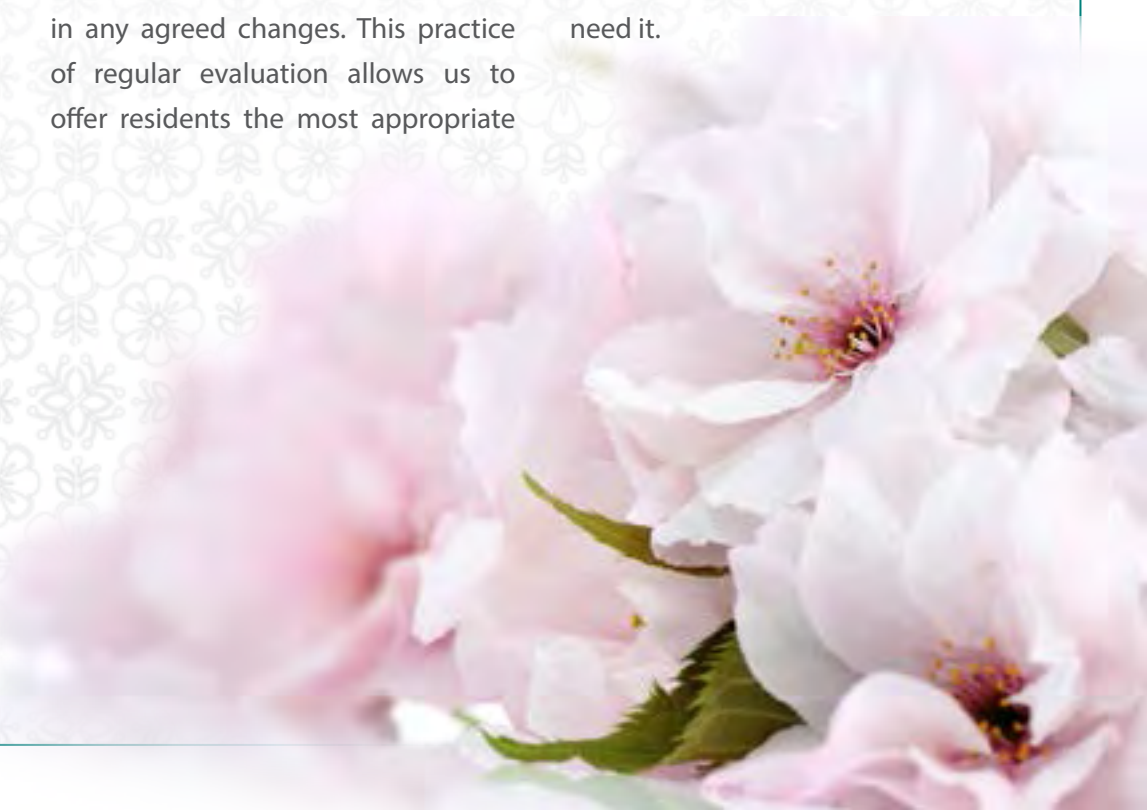
size-fits-all" care plan. Every resident that comes to live in St. Michaels has a detailed health and wellbeing assessment plus a care evaluation prior to moving in, during which their particular needs and preferences are discussed together with family members and their own GP. We create a bespoke care plan, tailored to suit all personal and specific care requirements.

The suggested care plan is detailed and agreed prior to moving in.

Our wellbeing team regularly review the care and support needs with

family members of residents, bringing in any agreed changes. This practice of regular evaluation allows us to offer residents the most appropriate

amount of care as and when they need it.



Dementia Care Specialist

You may wonder how your elderly relatives may recall vividly memories of past events, how they felt at the time and what they wanted, however they may struggle to remember what happened just hours prior.

At St. Michaels we have a team experienced and professionally trained to know how to respond with empathy to our residents needs and make them feel at ease, whilst gently stimulating thought processes with dedicated activities and a broad range of resources.

We understand how difficult it can be caring at home for someone living with dementia. Our aim is to make St. Michaels feel like a home from home. We take pride in getting to know every individual and creating a personal plan which takes in to consideration individual care, nutrition, likes and

dislikes, helping to create a relaxed atmosphere for residents.

We consider it a privilege to share memories, experiences and stories of our residents. We provide gentle prompts to help with short term memory loss and assist with re-making connections, trying to improve the quality of life for our residents to enjoy. We seek to involve immediate family members and friends when deciding on the best care for each individual. Our dedicated team provide support and understanding for everyone affected by the suffering that dementia brings, when seeing a close one with the symptoms.

St. Michaels Care Home can provide just about all the benefits of living at home but with a few extras that can make a world of difference to the quality of life for people living with the symptoms of dementia.



"There's nothing more calming in difficult moments than knowing there's someone fighting with you".

Mother Teresa

Visit Us

All prospective residents undergo a care needs assessment prior to coming to live with us at St. Michaels. You will have the opportunity to visit the Home, this could be for the day or some hours this will be entirely your choice. Join us for a cup of tea and a chat or stay with us for lunch and enjoy the atmosphere of St. Michaels.

During your visit you will be able to look around the Home and ask any questions you may have. Forget to ask a question? Well don't worry our numbers are listed below, feel free to give us a call and speak to one of our

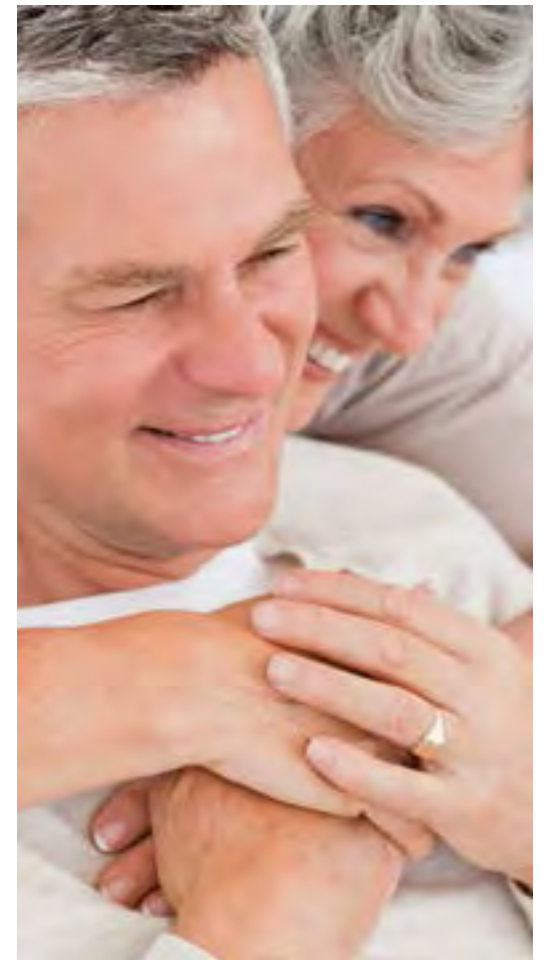
friendly team members who will be more than happy to help.

Your visit will also give us the opportunity to discuss how we can meet your needs and the chance to find out those important things that make you the unique individual that you are. Our trained staff are available 24 hours a day to meet your needs.



As it is not necessary
to make an
appointment, it would
be useful to call in
advance to make sure
Home Manager is
available.







ST. MICHAELS REST HOME

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