

Aden House



Residential Home for the Elderly

5 Annfield Road, Inverness IV2 3HX

Tel: (01463) 234667

E-mail: lesley.adenhouse@yahoo.co.uk

Aden House's Family Tree



Owner

Malcolm McKinlay

Manager

Lesley E Sharp

Deputy Manager

Barbara E Bremner

Senior Care Staff

Antonia E Kirkpatrick

Tami McDonald

Kathleen MacKinnon



Aden House Fee Structure 2010/2011

Elderly: £650.00 Per Week

Additional Care Charge: £9.69 per hour (If Approved)

The above fee rates are for standard care at Aden House as per the terms of our contract with each Resident.

Prospective Residents are encouraged to visit Aden House when considering a placement in the home. An initial trial period of residence is also considered to be advantageous.



Our Facilities

- Bedrooms with en-suite facilities
- Telephone points and television points
- Care call system in each room
- Choice of three spacious lounges
- Attractive dining room offering nutritionally balanced cuisine
- Varied menus, special diets catered for
- In-house laundry
- Co-ordinated activities
- Visiting library
- Supervised gentle exercise
- Visiting GP, Community Nurses and Chiroprapist
- Visiting Optician
- In-house Hairdresser
- Chair lift to first floor
- Visitors welcome any time



Activities

- Sing a long
- Visiting musical entertainers
- Canal Trips in summer months
- Bingo
- Trips down memory lane
- DVDs - Videos
- Carpet skittles
- Carpet Bowls
- Quizzes
- Arm Chair exercises
- Board Games
- Arts and Craft



About Us

Aden House is a superior residential home for the elderly situated in a quiet secluded area of Inverness, within east walking distance of the city centre. There are many services and amenities nearby including doctor's surgeries, churches, bowling green and shops. Registered with the Care Commission, the home provides a warm friendly atmosphere, home in the truest sense of the word.

Aden House is owned by Malcolm McKinlay and run by Care Manager Lesley Sharp, who fully understand the special needs of the elderly. The full time care manager is committed to the smooth running of the home, and runs an open-door policy and is happy to meet with residents and their families.

Care staff are present 24 hours a day providing help with bathing, dressing, walking and meals when necessary. The staff is carefully selected for their caring attitude towards our residents and will encourage the maintenance of independence in all areas of daily living. An individual care plan is made with each resident on admission which is reviewed regularly.

Aden House has a variety of comfortable lounge areas, including a television lounge and entertainment lounge, incorporating a loop system for those with hearing difficulties, a quieter reading lounge and a spacious well kept garden. There is a separate dining room that also leads onto the garden. An easily operated stair lift gives access to the first floor bedrooms.

Single rooms with en-suite facilities are available, all bright and spacious. All bedrooms have a sitting area. Couples wishing shared facilities are most welcome. The rooms are fully furnished although personal items of furniture are most welcome.

Special attention is paid to residents activities to promote physical and spiritual well-being. Assistance is offered to help all residents maintain any hobbies or interests they may enjoy to promote their individuality, independence and most importantly their dignity.



A wide choice of meals is available.
Meals comprise of breakfast, lunch and high tea.
Coffee and tea are available at any time of the day or night.
Special diets are catered for.

Relatives and friends are welcome to visit at any time.

Local doctors and community nurses regularly visit Aden House to attend to general health care.

Treatment by a chiropodist, optician and dentist can be arranged.



100 years young



Sample Menu

Breakfast

Porridge

Fruit Juice

Cereals

Eggs

Toast

Tea or Coffee

Lunch

Scotch Broth

Fruit Juice

Roast Beef

Carrots, Broccoli

Mashed Potatoes

Roast Potatoes

Cold meat salad

Vegetable Lasagne

Apple Pie & Custard

Fresh Fruit Salad

Ice cream

Dinner

Cottage Pie

Ham Roll & Soup

Fish & Chips

Scones

Homemade Cakes

Ice Cream



Social Activities

Our Activities Coordinator, Toni Kirkpatrick in Aden House has consultation with the Residents key workers and residents and has developed a programme of activities, which are enjoyable and stimulating, with a view to maintaining independence and promoting the residents' individual life style and long life interests.

Our activity Coordinator will be happy to have a chat to discuss your interests and include them in her programme of events.

Outings are also available – is there somewhere special you would like to visit?
Just let a member of our staff know.



Aden House

Our Aims and Philosophy of Care

- To promote the quality of life of all our residents in Aden House and to provide a range of services to meet the residents needs.
- To provide and maintain a homely, friendly, warm and secure home for all residents.
- To provide care with sympathy and courtesy.
- To respect the residents right to privacy and dignity.
- To respect confidentiality and to keep within the home all we see and hear.
- To ensure that every resident is respected as an individual.
- To encourage the individuality, independence and self respect of all residents.
- To always listen.
- To respect our residents, their families and our work colleagues.

These aims and objectives are maintained by all staff at every level.



Statement of Rights

Whatever circumstances have led to you becoming resident in this home you will no doubt be feeling somewhat at a loss to know what to expect. This statement is an attempt to set down your rights as a resident and hope you will find it useful and informative.

1. To be sheltered, cared for and spoken to in a manner befitting your status as an adult, without the threat of any kind of abuse by staff or other person.
2. To be involved, wherever possible, in decisions affecting your life.
3. To manage your own financial affairs . If you are unable to do so ,to authorise a third party ie relative or solicitor ,to administer your money and personal property and to receive an accounting of all financial transactions made .
4. To receive a weekly monetary allowance, as determined by the guidelines laid down by the Department of Social Security.
5. To exercise the full civic and legal rights of a citizen, including access to voting, and to be kept informed of and involved in issues that affect you.
6. To have access to a complaints system, that will exclude access by the proprietors if desired, without fear of reprisal or discrimination.
7. To refuse medical treatment and medication and to be informed of the medical consequences of such a refusal.
8. To receive all necessary assistance to be able to participate in and have access to all activities the home has to offer .
9. To form friendships and to enjoy in private loving relationships with other residents without hindrance or embarrassment.
10. To know that you're personal records are kept in confidence and are available only to those for whom the information is essential .
11. To have access to personal records within current national regulations.
12. To have the opportunity to work on your hobbies as space allows.



13. To write, or to have written, and to receive any mail or otherwise to communicate without any interception or interface by any member of staff .
14. To enjoy privacy in counselling, treatment or care for personal needs, and to be provided with space for private communication with your family, friends ,lawyer , clergyman ,government representative or any other person . Persons not directly concerned in your care and treatment must have your permission to be present .
15. To a written statement of your financial fees and contributions for your accommodation and to be informed of all amendments and changes to such contributions.
16. To have adequate and nutritious meals, snacks and beverages appropriate to your needs and requests.
17. To have all studies, surveys and polls adequately explained and to have the freedom to refuse participation.
18. To be able to bring to the Home and to keep, possessions, favourite pieces of furniture, family pictures and treasured mementoes, as space and conditions allow. It is understood that you use reasonable precautions to protect and insure your belongings.
19. To be provided with palliative care, death with dignity, and, where families are unable to provide a sympathetic funeral and burial service in accordance with your beliefs, last wishes and financial abilities.
20. To expect all staff, on being appointed, and hereafter through in service training, to have up to date knowledge about the process of ageing, and disabilities often associated with ageing.
21. To expect all staff to be informed of, and to assume that all staff will respect the above rights.

As a resident in this Home you will be a member of a small community. As such, you will have obligations of conduct towards your fellow residents and members of staff. There may be occasions when rights may be restricted for the good of the Resident , other residents and members of staff . The above rights should not be regarded as in any way overriding these obligations .



The Right To Take Risks

Life is full of risks .To many people taking an occasional risk adds a sparkle without which life would be slightly impoverished . Normal life for young and old is about responsible risk taking and the risk assessment ,often subconscious ,that accompanies the risk .

The elderly residents of residential care homes should have as far as possible the same rights , responsibilities and freedom as if they lived in their own homes . Their legal rights and responsibilities are not affected by admission to a home .

Before admission to Aden House or soon after a thorough detailed care plan is agreed with the resident and other parties who may be involved ie relatives ,other friends and carers ,the GP ,the resident 's advocate or agreed proxies . The plan will include all details of risk taking so that resident ,relative and staff are all in possession of a full understanding of potential risks and the realistic expectations of each party . This care plan will be frequently and fully reviewed .

All residents will be party to any agreements about their own care plan as their express consent is required for any subsequent actions to be lawful . Unless a resident comes within the scope of mental health legislation ,no person has a lawful responsibility for them . If advocates or proxies take decisions for residents there must be a recorded agreement for this to happen .



Risks will differ according to each resident and may encompass the following :

- Privacy and use of public and private rooms and bathrooms;
- Night care;
- Going out alone;
- Visitors;
- Visiting outside the home;
- Attending clubs, centres, church and other activities;
- Engaging in recreational and pastime leisure pursuits;
- Carrying identification;
- Medication;
- Consulting a doctor or medical specialists;
- Diet and food issues.

Each of the above and other risk considerations will be discussed and identified in the care plan to determine the way in which the resident and staff at Aden House will undertake to attempt to meet the resident's own wishes about their lifestyle .

Aden House and staff take seriously their duty of care for each resident and to make every effort for their safety and security . However as in all aspects of normal life no environment is totally safe and we cannot guarantee absolute safety at all times .

The objective of staff at Aden House is to provide the least restrictive lifestyle for each resident compatible with reasonable care and safety for the resident and others . We aim to encourage individuals , offer opportunities for stimulation and assist them to obtain fulfilment enjoyed by older people outside residential homes .



Policy on Making a Complaint

In the event of a complaint arising ,
Please in the first instance see Lesley or Malcolm :

Then if not satisfied contact the SCSWIS

Inspections & Registration Manager
SCSWIS

1st Floor Castle House
Fairways Business Park
Inverness

IV 2 4 6 3

Tel : 0 1 4 6 3 2 2 7 6 3 0



For information on Inspection Reports can be found on their website .



Policy on Pets in the Home



All pets are welcome to visit in Aden house,
as long as they are kept on a lead and are well behaved.



Policy on Residents Personal Records

Any resident wishing to access his or her personal records can do so at any time, by asking for them from their Key Worker or from the Management.

Policy on Residents Furniture and Personal Belongings

Aden House has said that residents are free to take in articles of furniture and any other items e.g. lamps, pictures, ornaments etc. they feel will make their room more homely.

All textiles and furniture brought into the home must comply with the current NHS in Scotland Fire Code.

The Residents contract with the home states that personal possessions, valuables and money are not insured by the home and no responsibility whatsoever can be accepted by the owner. Families are to arrange their own insurance cover for possessions.

Money left in room must be kept in lockable box, provided by Aden House otherwise please deposit a small sum of money with senior staff for Hairdresser, Chiropodist etc, that will be signed in and out by two staff members.

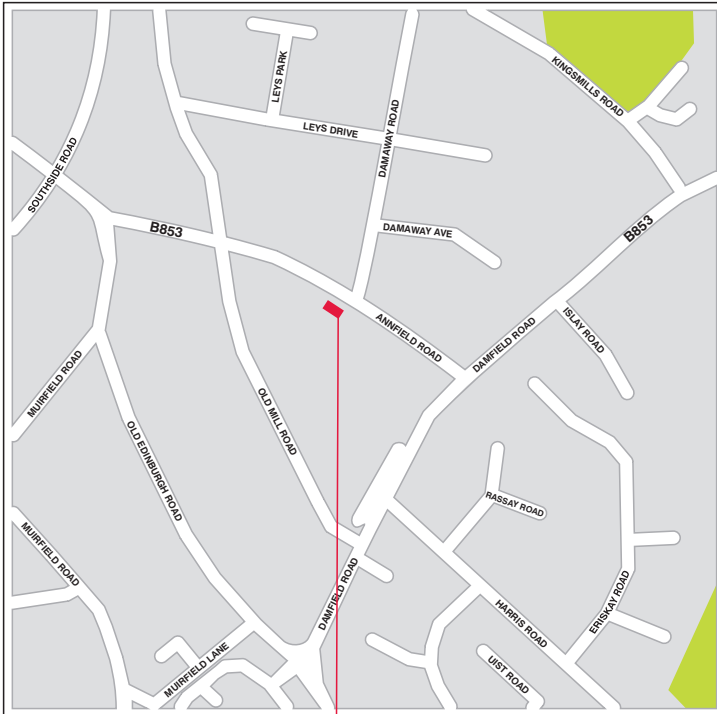
Any electrical goods brought into the home must be pat tested; all electrical equipment is pat tested annually by the owner.



Staff at Aden House are always keen to Celebrate Birthdays ,
Christmas and any Special Occasion .



Where to Find Us



We can be found here

Aden House
5 Annfield Road
Inverness
IV2 3HX



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