



WAYPOINTS

Dementia Care with dignity in mind



Care home with nursing

At Waypoints, we'll give your loved one plenty to live for and enjoy – every day.

Because all our staff receive continual in-house training in person-centred care that's so helpful for those with dementia, we can help residents live their lives in the fullest way possible. Their individual likes, dislikes, choices and dignity always come first and our rules are adapted to fit each resident – not the other way round. In short, we aim to make Waypoints feel like home.

We respect each person's individuality to ensure their life's dignified and fulfilled.

Residents at Waypoints are offered a variety of stimulating events and activities on a daily basis, but never pressured to take part against their wishes. These include arts, crafts and music, gardening, outings, and regular 'memory café' gatherings. Our specialist carers are constantly on hand to help if someone is in difficulty, but are careful to stay in the background as much as possible so that residents can retain a sense of independence, freedom and normality. Should medical care be needed, there are trained nurses available 24 hours a day and regular in-house GP consultations.





There's a big difference between 'getting a bit forgetful' and developing dementia...

As we get older, it's normal to find that our memory isn't what it used to be. But dementia is a specific syndrome of related symptoms such as a decline in ability to think, understand, make judgments, articulate and remember things. Often those affected will experience trouble controlling their emotions or behaving appropriately in social situations. And it doesn't only affect the very elderly.

That means making the right care choices is crucial for everyone involved.

Even if you are still managing to look after your loved one at home, being a carer can be tough. At Waypoints we offer respite care so that you can take a much-needed break while your friend or relative enjoys a friendly, stimulating stay with us for anything from one night to a few weeks.

If you're worried about a loved one, your GP can help make the appropriate assessments and care recommendations.





Our staff have specialist training in dementia care, allowing them to forge close, consistent relationships with residents.

By keeping a watchful eye whilst still respecting privacy, our carers can identify routines and activities that best suit each individual. For example, if someone prefers to dine in the evening rather than at lunchtime, that's precisely when they'll be encouraged to eat their main meal. If they like to dress in a certain way that reminds them of life before dementia, we'll help them to do so.

First we listen, then we encourage residents to share in achievable tasks to boost their confidence. Our role is to support residents' life choices in a safe and caring way.





It's amazing what specialist care in a safe, supportive environment can do

We believe that treating residents with courtesy and respect – without being patronising – is essential to maintaining their sometimes fragile sense of self-worth. By focussing on the person, each member of staff will find out a number of small but very important factors about the resident such as their detailed family history and asking if they're happy with first name terms or whether they prefer a more formal Mr or Mrs depending on who is addressing them.



Dementia can be frustrating and frightening, but empowering residents and continually reassuring them that their needs and feelings still matter can really help improve their quality of life.





The accommodation is designed to create a home from home that's reassuring and familiar.

It's all about quality of life, so at Waypoints we make sure the rooms are tastefully designed and decorated, the beds are comfortable and the food is both nutritious and appealing. There are stylish restaurants with flexible serving times, smart communal areas, and peaceful gardens for residents and their visitors to stroll and rest in. We actively encourage family and friends to spend as much time as they wish with their loved one. For when you're not there, 'memory clues' can be very comforting. These might be photos or objects from the past that they associate with closely.

Typical floor plan

Accommodation at Waypoints is split into small and homely units. Each of these comprises approximately 10 residential rooms, its own communal lounge, nurse station, assisted bathroom and even a pantry for residents to help themselves to their favourite snacks and refreshments.

We use these units to cater for the different forms and stages of dementia. For example, we provide a dedicated unit specifically for younger residents who are still largely independent. Another unit is for people less physically fit with much more acute symptoms and a far greater care requirement. What we don't do is expect one solution to fit all.



Come and see for yourself all that Waypoints has to offer...

Simply call us on the enquiry line **01202 812250** or email us at verwood@waypoints-care.co.uk to arrange a personalised tour of our facilities.

We're always happy to help and advise.





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