



*"Helping me  
to live my life"*



**Dedicated care  
and support**

for people living  
with dementia

"I've always loved being outdoors, so I was worried when I moved from my own home that I would miss my garden and not be able to feed the birds. As it turns out, they have lovely gardens including raised beds where I grow vegetables."



"They've also got a bird table and a wildlife area. I joined the gardening club straightaway and I still use my own tools - I brought them with me and keep them in the shed."

**“The life you want, the care you need...”**

Living with dementia can become more difficult over time. As the dementia progresses, you may find it increasingly hard to manage by yourself or to continue to ensure the best quality of life at home, and there may come a time when moving into a care home is the best way forward.

Many people worry that moving into a care home will mean losing their independence or giving up the things they love doing. But at Care UK we help you to remain as active as possible and ensure you continue to enjoy a happy, fulfilled life.

Finding the home that is right for you and your needs is important. At Care UK, we have been caring for people living with dementia in our homes and day centres

*“I still use my own tools - I brought them with me and keep them in the shed.”*

for nearly 30 years and it is this experience that helps us to offer the best possible care and quality of life.

Moving into a care home can be emotionally difficult for you and those that are close to you, but Care UK makes it easier, offering support and reassurance every step of the way.





**“Care that’s right  
for you - because  
everyone’s an  
individual”**

Because no one has the same journey or path through dementia, we tailor your support around your individual needs, preferences and wishes. We actively engage and involve you in the planning of your own care and encourage you, wherever possible, to continue making your own decisions about what you do and how you spend your time.

Experience has taught us that when people with dementia are encouraged to stay active, they benefit from improved physical and mental health and a sense of wellbeing. That’s why, in all Care UK homes we provide Activity Based Care, a unique ethos which helps you to remain as independent and active as possible both in the home and the local community.

*“I can still hear  
the Scarborough  
sea...”*

With our support and encouragement, you can continue with familiar routines such as fetching the morning paper, meeting a friend for coffee or visiting the hairdressers. Many residents enjoy the sense of purpose that comes with keeping busy and we encourage everyone to participate in the life of the home, for example, delivering the post, greeting visitors or laying the tables for dinner.

Our care and consideration is there for your family and friends, too. We understand that the people close to you may want to continue being involved in your daily care and we’ll do all we can to make sure everyone still feels included and welcomed whenever they visit.



"My family is the most important thing to me - seeing my granddaughter brightens my day. I have such wonderful memories of seaside holidays when my own children were small. Now, of course, they're grown up with families of their own, but they often come to visit. The staff always make them feel so welcome - they even join in the activities and entertainment!"







"I used to be a telephone operator but now it's all mobile phones and computers. My carer has showed me how to use the computer to keep in touch with my family but it all seems a bit complicated to me so I just tell her what I want to say and she types it!"



"There's nothing I like more than a cup of tea and a natter. My carer always takes the time to sit with me and loves to listen to my stories about what we used to get up to in 'the old days'."

**“It’s the people  
who really make  
the difference...”**

At Care UK, when we employ new members of our care team, we’re just as interested in their caring, compassionate natures as we are in their qualifications and experience. After, all it’s those personal skills that make the difference between good care and great care.

A designated carer will help you to move in and settle into life at your new home. They and the rest of the team will spend time getting to know you, finding out about your likes and dislikes and ensuring you receive care in the way that suits you best.

Every member of staff in our care homes and day centres receives our specialist dementia training which allows them to experience what it might be like to live with dementia.

By seeing the world in the way someone with dementia sees it our staff can provide more empathetic and sensitive care and find simple and creative solutions to support residents to lead more fulfilled lives.

We are committed to continually improving the care we provide for people living with dementia and our team includes a Head of Dementia Care, specialist Dementia Trainers and a Dementia Champion in every home.



*“There’s nothing I like  
more than a cup of tea  
and a natter.”*

**“Because dementia shouldn’t limit anyone’s enjoyment of life...”**

Moving into a Care UK care home doesn’t mean having to stop doing the things you love. On the contrary, we’ll help you to continue with favourite hobbies and activities and give you plenty of opportunity to try new things too, if you wish.

Every home has an Activities Coordinator who organises a wide variety of individual and group activities, entertainment and excursions. These are tailored around residents’ abilities, interests and personalities so there’s always something for everyone. Popular activities include reminiscing, sing-alongs, baking, skittles and quizzes. Events might include film nights, themed meal evenings, tea dances and pampering sessions. You’ll also be able to join residents’ clubs such as those for gardening, cinema, photography and crafts.

Our homes are pro-active and lively members of the community and often play host to events such as fetes and barbecues. Visits from entertainers, schools and

*“I still remember my favourite red shoes.”*

local choirs, clubs and groups are always welcomed and residents also benefit when PAT (Pets as Therapy) pets and even tame farm animals come to our homes.

We often arrange excursions and entertainment away from the homes. These include swimming, meals out and day trips to the seaside, parks or favourite museums. We’ve even organised ‘once in a lifetime’ experiences for residents including a surprise visit from a favourite footballer and an accompanied trip to St Lucia for a resident who wanted to go back and see his family.







"My best friend and I used to go dancing at the Mecca every Saturday night. I still remember my favourite red shoes. When I moved here I hadn't danced for years but they have a dance every week and it's lovely hearing all the old songs. I might not be as nimble as before, but I can't resist getting up and joining in."

"I grew up in Jamaica and moved to London as a young man. Even after all these years, I still miss my family and the place where I grew up. But the team here have helped me to decorate my room with all the things that remind me of home – posters, a flag, my favourite records and photos of my family. They've even held a Caribbean themed evening with a steel drum band, which played calypso music and they served jerk chicken and Jamaican patties!"



Christ  
ville  
May Pen  
Royal Norman Manley  
Port of Spain  
Manley  
Port of Spain  
Manley  
Port of Spain  
Manley

**“A warm,  
welcoming  
home...”**

Feeling ‘at home’ enhances our sense of wellbeing and belonging. We aim to create homes that look and feel like a family home, that are comfortable and familiar so that you and your visitors always feel at ease.

We include a range of features to help you find your way independently and safely around the home. For example, our homes are now replacing traditional signs with photographic signs making it easier to identify rooms such as the dining room or bathroom.

Many homes have introduced special features to help you engage in life’s pleasures such as sensory rooms, which stimulate the senses with soothing sounds, colourful lights, pleasant odours and tactile and textured objects; and

*“My favourite hat reminds me of my youth.”*

reminiscence displays - a collection of photos of memorable events and people or familiar objects and souvenirs from the past, all of which provide an opportunity to share memories and experiences with one another. One of our homes even has chickens in the garden which the residents have reared by hand.

And because it makes such a difference to be surrounded by familiar and treasured items, we help you and your family to personalise your room and to create memory or reminiscence boxes which contain your family photographs, keepsakes and other personal memorabilia. These boxes help us to find out more about you, your favourite people and places you remember.





# Raising the standard of dementia care in the UK

Care UK has been providing residential, nursing and day care for people living with dementia for 30 years. With more than 90 care homes and day centres, we care for more than 5,300 people every day. We have won several awards for our work including three National Dementia Awards and 'Residential Care Provider of the Year'.

Care UK is an active and committed member of the Dementia Action Alliance working with other organisations to provide a better quality of life for people living with dementia and their carers. We continually strive to improve our services through the design of our homes, training our staff and researching new ways to engage and communicate with the people we support.

## Come and talk to us...

If you'd like more information or advice, or to arrange a visit to one of our homes, please call

**0333 321 0933**

[www.careuk.com/dementia](http://www.careuk.com/dementia)

