



ASHRIDGE COURT

— WE CARE —



ASHRIDGE COURT

Ashridge Court is a bright and spacious modern care home for the elderly, set in the beautiful East Sussex countryside and offering magnificent views towards the sea.





TAKING
GREAT
CARE

Ashridge Court is a specialist care home for the elderly, including those with long term conditions or health challenges, and those suffering from dementia.

Here at Ashridge Court we offer our residents the highest possible quality of life, while providing them with an exceptional standard of residential and nursing care, including respite and palliative care. We also offer specialised dementia care within our dedicated dementia unit, the Hazel Wing.

We provide the very best care for all our residents, and support our staff in their continual professional development, including specialist training in caring for the frail, elderly and those with dementia. We have a large number of professional nurses on the team, and the majority of our healthcare assistants are trained to or working towards NVQ or Diploma Levels 2 and 3 in Health & Social Care. Together, the nursing and care staff look after our residents' wellbeing, comfort and health 24 hours a day.

Before you come to live at Ashridge Court we'll invite you and your relatives to come for a cup of tea, so you can meet the staff on duty, have a proper look around, ask questions, and discuss your requirements in detail. During this visit, the centre manager or a senior registered nurse will also carry out a pre admission assessment of your nursing needs, so that we can agree on and arrange for the right level of care for you.

Person centred care

You will be allocated a key worker, who is there to take a special interest in you and help us provide you with the right care in the right way. Your key worker means there's always a friendly and familiar face looking out for you, and the close relationship between you also facilitates the sharing of information with you and your relatives.





SPECIALIST DEMENTIA CARE

Living with dementia needs specialist care in an environment designed to minimise confusion and support independence.

The staff in our specialist unit for dementia, the Hazel Wing, all have an in depth understanding of the unique behaviours that dementia presents, and provide person centred care focused on an individual's strengths.

The Hazel Wing offers accommodation for sixteen residents in bright and comfortable rooms, each with an ensuite wet room bathroom. A secure decked terrace provides accessible yet safe outdoor space overlooking the garden and offering beautiful views over the countryside and down to the coast.

Residents take part in specialist activities designed to improve their social, emotional and spiritual wellbeing by tapping into their past skills, experiences and interests, and also benefit from stimulating new experiences (such as interacting with visiting 'pet pals', and Snoezelen therapy, for example).

We have been delighted with the results we have seen in those participating, with improvements noted in areas such as balance, body part awareness, appetite, understanding, self esteem, mood and behaviour, as well as better engagement with others. We have also seen those receiving the therapy developing greater trust in those closest to them, leading to deeper, more rewarding relationships with carers and family members.



Sensory Room



FOOD THAT
NOURISHES

Delicious and nutritious meals

Mealtimes should be something to look forward to, and our head chef is devoted to producing healthy, delicious dishes that stimulate the appetite and give residents a real interest in mealtimes. Special dietary requirements are, of course, fully catered for, and chef is happy to discuss the menus with you.

The weekly menu is circulated to residents in advance and always keenly anticipated and you can choose from the wide variety of dishes available. You are free to eat your meals in the communal dining rooms or in your own room. Drinks and snacks are always available in the lounges.





LIFE AT ASHRIDGE COURT



Ashridge Court and its extensive gardens have been carefully designed to offer a relaxed, enjoyable and safe environment for all our residents.

Our modern, light and spacious care home sits within beautiful countryside near the East Sussex coast, and offers accommodation for 69 residents, including 16 rooms in the Hazel Wing, our dedicated dementia facility, which has its own lounge, dining room and sensory room.

Ashridge Court has a number of bright and comfortable lounges and dining rooms, including the Channel View and Hazel lounges.

Our restful decks and private gardens, which are wheelchair accessible, offer magnificent views over the East Sussex countryside and toward the coast.

We also have a variety of specialised moving and handling equipment and hoists, together with a choice of comfortable pressure relieving mattresses and cushions, as required.

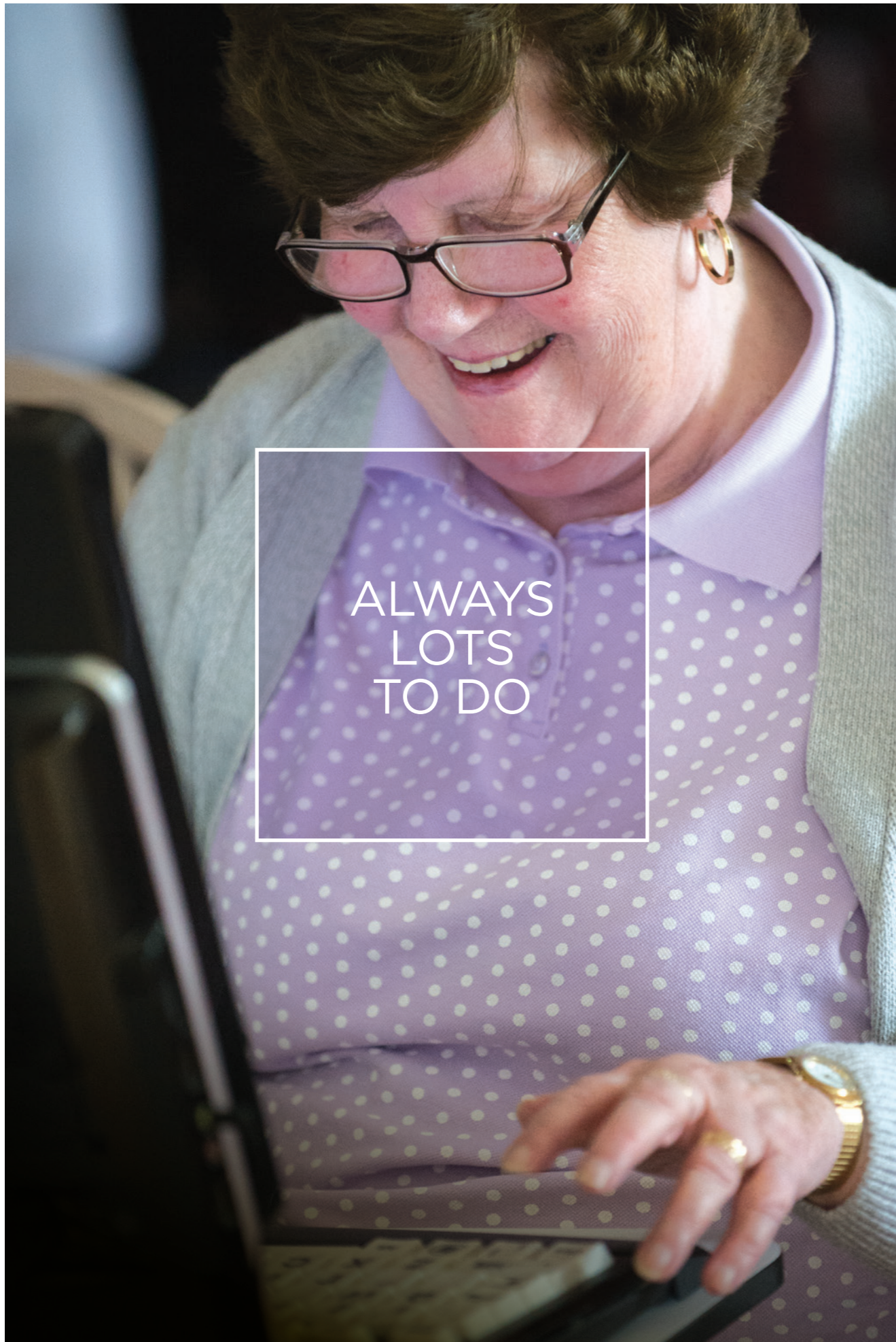
Our bright and comfortable rooms all feature:

- TV and DVD
- Nurse call system
- Direct dial telephone (charged for calls)
- Ensuite
- Jacuzzi bath / shower
- Adjustable automatic bed with control handset

Other facilities

- Wifi access throughout the building
- Wheelchair access to all areas within the home, deck and garden
- Lift access to all floors
- On-site parking
- Daily cleaning and laundry service
- Hairdressing room*
- Visiting chiropodist*

*chargeable



ALWAYS
LOTS
TO DO

Our dedicated activities co-ordinators offer a regular programme of enjoyable and therapeutic activities designed around the tastes and needs of our residents.

Residents each get a copy of the monthly programme of events, which also appears on our website.

There's always a good turnout for regular musical and other entertainment on offer, with frequent visits by 'pet pals' guaranteed to bring a smile to residents' faces. Meanwhile, outings by minibus to interesting and popular locations provide a nice change of scene, giving residents a fresh perspective and lots to chat about.

Our activities co-ordinators encourage and support residents to continue with or take up hobbies such as painting or knitting, and they also spend one to one time with residents, having a chat, reading newspapers with them or helping with post, email or Skype.

Ashridge embraces technology, and our portable Simply Unite computer terminal enables residents to use Skype and email from the comfort of their own room, or from our lounges. (We're on hand to help if needed, of course.) It really is a wonderful way to bring people closer together, and seeing residents communicating successfully with family and friends all over the world brings a smile to our faces.



We understand it's the little touches that mean so much and everything we do ensures the best quality of life for all.



GET IN TOUCH

Visitors are always welcome at Ashridge Court, and we'd love to show you around our care home and its grounds, and introduce you to our friendly and caring staff.

To arrange a visit or to find out more about us simply call

01424 842357

You can also find more information
www.ashridgecourt.co.uk

We would like to thank all our residents and staff for the photography used in this brochure which has all been taken in our homes.



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