



COBHAM
CARE HOMES



Kindness at the heart of care

Welcome.

Choosing a care home for your partner, friend or relative can be stressful for everyone involved. You need to be sure that they will be respected as well as professionally cared for, within an environment that is safe, comfortable and supportive.

At Cobham Care, we aim to provide security and reassurance. We understand that dementia is a progressive journey that often begins with care being given by family and friends, but eventually develops to the point where there is a need for professional care around the clock. We are proud of our ability to provide the high level of skilled care that our teams at Avon House and Avon Manor bring to our residents and we empathise with the anxiety that their families and friends often feel.

We offer the reassurance of open lines of communication to all and we support the understanding of how the condition of dementia will progress through its recognised stages, helping all parties to prepare for the journey ahead.

All of our residents are regarded as members of a caring household that respects, supports and encourages them to pursue the best possible quality-of-life. We offer free trial days to all prospective residents so that you can assess if ours is the right environment for your loved one.

We look forward to meeting you.



Alan Brookes
Director



Providing dementia care that is unique to the individual

In dementia care, nurture of the individual is critical. Enabling a sense of individual identity, through drawing on a person's history, experiences, likes and dislikes is a recognised strategy in easing the symptoms of dementia. Our staff are trained to recognise that it is through the provision of dedicated individual attention that our residents feel nurtured.

The needs of dementia sufferers changes over time and so individual care plans are regularly reviewed by us through meetings with relatives and healthcare professionals.

As the dementia progresses, we provide an environment that supports therapeutic care and encourages gentle activity. We

use a variety of therapeutic techniques that promote interaction and a sense of wellbeing. We engage the senses through a range of group and one-to-one activities that focus on likes and dislikes and we use reminiscence therapy to trigger memories. Therapies include:

- Pet
- Sensory
- Touch
- Reminiscence
- Art
- Aromatherapy
- Doll



Avon House and Avon Manor

Over the last 15 years, we have developed both Avon House and Avon Manor into leading homes for the support of residents with all types and characteristics of dementia. Both are situated in the quiet, coastal town of Worthing in West Sussex, close to the shops and the beach, trips to which are popular with many residents.

Each home is equipped with assisted-grade facilities and well-considered, communal social spaces and gardens. The smaller of the two, Avon House is structured to enable us to develop a family atmosphere of inclusiveness. Recently refurbished, its 25 rooms are comfortably furnished to a high standard.

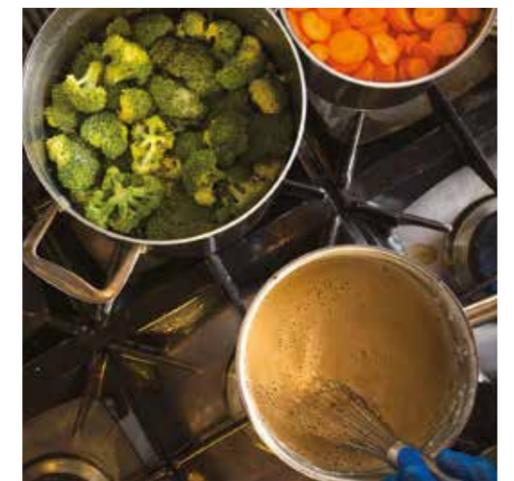
Our larger home, Avon Manor is a detached Victorian manor house with 28 single-occupancy rooms, many with en-suite facilities. Two TV rooms, a quiet

area and two secure gardens provide communal spaces in which our residents socialise. Our outdoor dining areas are popular with residents at mealtimes throughout the summer months.

- Qualified, skilled and experienced staff
- High staff to resident ratio
- Independence encouraged and supported
- Friendly, caring atmosphere
- Activities designed around individual interests
- Freshly prepared, nutritious food
- Communal social spaces
- Secure gardens
- Lifts, wheelchair access and handling equipment
- Respite care
- Palliative care



Food and drink



All of the food that we serve to our residents is freshly prepared on a daily basis and all meat, fish and vegetables are locally sourced. We cater for residents with special dietary requirements, and personal taste is always catered for.

Our three chefs are professionally trained, hugely talented and have a passion for food. They prepare special

occasion food for birthdays, Christmas, Easter and other celebrations and they also plan and prepare dishes for our themed food nights, where amongst other things we serve fish and chips or barbecued meals.

We aim to make mealtimes a joy for our residents whilst ensuring that health and nutrition remain high on the agenda.

Activities and engagement



We have developed a range of activities that all of our residents are able to engage with and participate in, whatever their stage of dementia.

Some activities, such as dog walking along the nearby beach and planting in the raised garden beds form part of our daily routine during the warmer months.

Other activities are planned around the individual interests of our residents. Some enjoy jazz music, variety acts or singing and dancing and we regularly invite bands and acts into our homes to perform.

Arts and crafts are a popular activity among many residents and these are planned into our weekly activities schedule. Board games are incredibly popular and are always available to use.

Dementia therapies also form part of our range of daily activities. We invite pets into our homes to provide pet therapy and professional practitioners visit our homes to provide sensory and touch therapies. These therapies really engage our residents and are tailored to involve everyone, whatever their ability level.

- Seasonally-inspired activities
- Beach walks
- Variety acts
- Music
- Arts and crafts
- Board games
- Therapy-related activities



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