



# The Homestead

## Day Opportunities

Committed to providing excellent quality services for older people

August 2018

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## About us

We would like to warmly welcome you to The Homestead.

This booklet tells you about The Homestead day opportunities service, which is owned and managed by Kirklees Council. Once you have read this information you may wish to come and visit us and see our facilities yourself and meet our team of carers.

Many people feel anxious at the thought of taking part in day opportunities but can be pleasantly surprised when they find out what is on offer and the difference it can make to someone with dementia and their family.



## Who is The Homestead for?

The Homestead day opportunities offers services for people with dementia living in Kirklees.

We provide support to help people with dementia to continue to live in their own homes and remain as independent as possible for longer. Day opportunities can give carers or family a break, or help people get up and running after they have been ill or discharged from hospital.

The Homestead offers a service for up to 25 people with dementia every day. It is a safe, informal, friendly place for people to meet others and take part in activities that will help maintain their life skills. It also gives carers and family the chance to have some 'me time' and a rest.

## Your first visit

When you arrive at The Homestead, our friendly staff will greet you and show you around. We will ask you and your carers about your past history and the things you enjoyed and the things you did not. This will help us with your person centred support plan and to plan our activity programme. Every person who uses our facilities is treated as an individual.

## Help and support

Everyone who uses the centre has their own key worker and their own individual support plan. A key worker is a member of staff who takes a special interest in your well-being and will build up a special relationship with you based on trust and knowledge. They will work with you and your family or carer to keep your support plan up to date.

## Our aims and how we achieve them

### We aim to

- **offer** fair access to quality day opportunities for people with dementia who want to live in their own home
- **support** and include carers in our work
- **enable** people to be independent and make their own decisions and choices
- **encourage** people who use our services and their carers to be involved in planning and service delivery
- **improve** the quality of life of people with dementia and help them to make use of community based services
- **provide** a high level of personal and emotional support according to individual needs

### We do this by

- **creating** a safe, friendly and stimulating environment where people with dementia can socialise and interact with peers if they wish
- **ensuring** that each service user has their own key worker who will work with the individual and their carer(s) to formulate a support plan which will be unique to them and based on their identified needs and wishes
- **providing** a range of group, individual, centre and community based activities in which service users can choose to participate
- **offering** opportunities for service users to maintain and enhance their independence and life skills

Respect, dignity, independence, choice, privacy and rights are the six principles of care which underpin our service.

## You have the right to:

- have your privacy respected and not to infringe on the privacy of others
- be treated with dignity at all times
- make choices around day to day living and major decisions, if this has no negative impact on others around you
- maximise your abilities and in doing so keep your independence
- have your rights respected and upheld
- feel fulfilment in your day to day life style

## Keeping your information safe

It may appear to you that we ask for information which you may not see as relevant. However, this information helps us to know about you and understand your needs. We are committed to using information about you in a way which respects your rights and promotes well-being.

Each service user has their own file with a photograph of them attached. The file contains a copy of your Person Led Assessment and Support Plan, signed by you. This identifies what outcomes will be met by attending day opportunities. We receive these documents from the assessor when they make the initial referral.

We need to know some details regarding personal care to help us formulate a detailed plan of care needs. We ask for details of carers/next of kin and medical information in case of emergency.

For this reason we need the information we hold to be as accurate and up to date as possible. Please let us know if any personal details change. The file will also contain a day report for each occasion you attend the service

and any correspondence you may send us or we may send you.

We will not usually disclose information to family or carers without agreement. However, if you agree we will keep relatives, friends or carers up to date with your care. All files are kept secure in a locked cabinet.

## What else might the information be used for?

- To check the quality of the care provided (this is called a care audit)
- Help us manage and develop future services by monitoring current provision
- Although we may use information from your records for these purposes, be reassured that it is used in a way that does not identify you personally

The General Data protection Regulation (GDPR) and Data Protection Act 2018 allows you to access the information which is held about you. Further information is available on the Councils website at: [www.kirklees.gov.uk/beta/information-and-data/how-we-use-your-data.aspx](http://www.kirklees.gov.uk/beta/information-and-data/how-we-use-your-data.aspx)

## Respecting people

We respect people's individuality, culture and beliefs and expect other people using our services to do the same.

## Our facilities and activities

Here at The Homestead we have tried to create a safe, friendly and stimulating environment where people will feel comfortable and at ease. You can feel the different atmosphere as you move from the noise of enthusiastic activities in the lounges to the Knit and natter room where you can sit quietly or engage in a conversation with a friend or staff member while you knit or just put your feet up.

We do not tolerate negative or personal comments directed at service users or staff members.

As you walk around you will find several quiet areas where you can sit and read or just get away from it all. We have a small lounge where you can listen to music or CDs or go into the TV room to watch a Hollywood Musical or an old black & white movie.

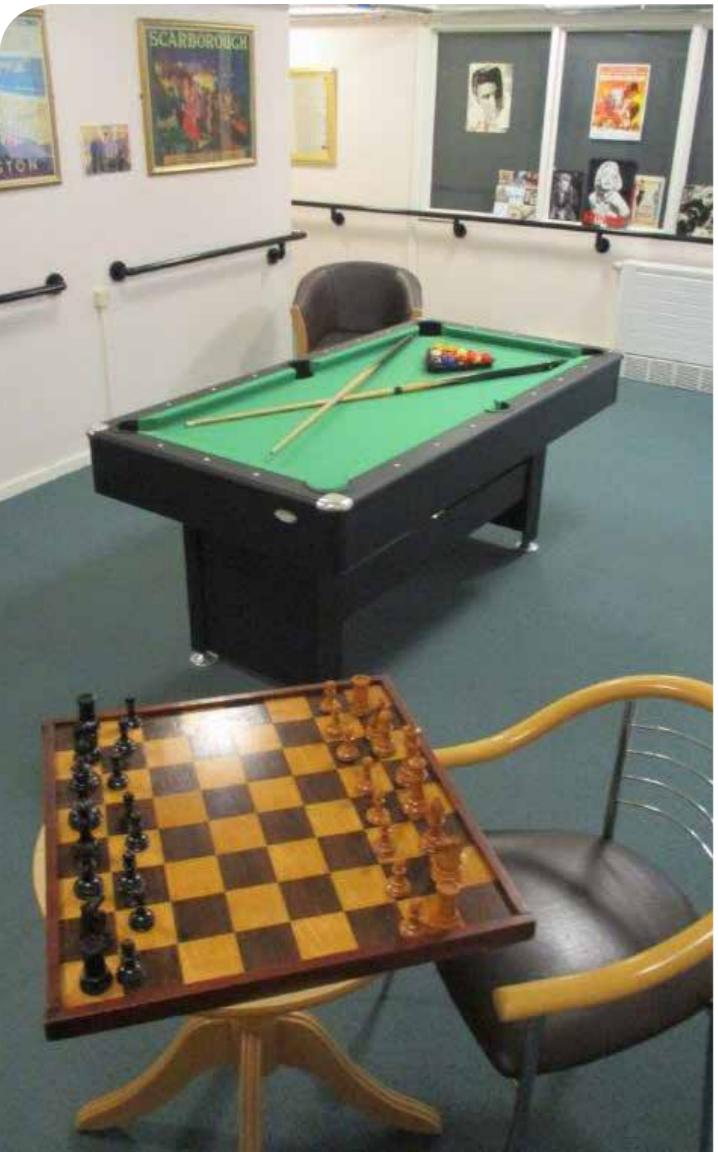


## Healthy, nutritious food

We believe that maintaining a healthy, varied diet is important in your overall wellbeing and physical health. We offer a varied menu and have meals that cover a wide range of dietary needs.

Refreshments are served throughout the day including a welcome hot drink on arrival, a two course midday meal and a light tea before you go home. We cater for dietary or religious needs.

Our spacious and attractive dining room offers the opportunity to dine in comfort in a sociable environment, receiving the level of support appropriate to your individual needs.

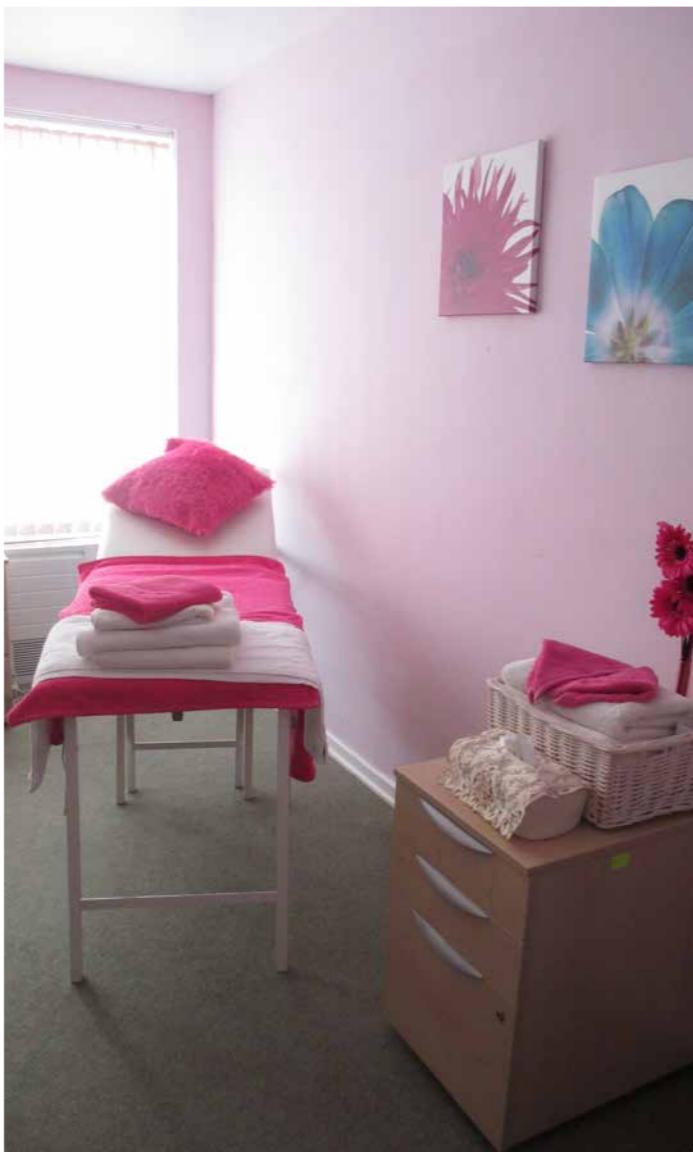


## Activities

We offer a range of activity programmes on a daily basis. These include games, crafts, quizzes, sing-a-longs, music and reminiscence. We also arrange events and outings. We encourage people to maintain old hobbies or learn new skills.

However if people do not wish to join in any of the activities, there are a number of quiet areas which they can use to chat with friends or staff or read. We also have a library which can be used in the quiet areas.

The activities are designed to meet the needs of the individual which have been highlighted in their care plan reflecting our person centred approach to care.



## Pampering and wellbeing

Here at The Homestead we offer a range of therapies to help promote wellbeing.

We have a beauty room offering a genuine spa experience that is relaxing and peaceful and encourages a real sense of peace and tranquility. You can enjoy a manicure, hand massage or have a foot spa.

These therapies are accessible to everyone and are enjoyed by men and women alike.



## Arts and Crafts

Everyone always has a good time in the arts and crafts area and are always proud of the work they produce, which you can often see displayed around our building.

Taking part in arts and crafts encourages participation as well as helping to maintain existing skills and learning new ones. It requires concentration and coordination and also gives a sense of satisfaction when artwork is displayed.

**"Thank you for your patience and kindness! Thank you for making mum's time with you so enjoyable for her."**

## Keep on moving!

At The Homestead we firmly believe in the benefits that regular exercise and movement bring both physically and mentally to people with dementia – and we also like to have fun!

All our staff have received the Moving More Often training and include these techniques in the daily activity programme.

**Music & Dance** is also a big part of keeping fit - everyone enjoys this. We have regular dance sessions, using music from bygone eras that people are familiar with and enjoy.



## A breath of fresh air

The Homestead is set in lovely secure gardens where you can walk round at your own pace, just sit and enjoy the view or join in with the outside activities on warm sunny days.

If you have green fingers (and it's never too late to learn), you can keep busy in the garden growing a variety of plants and vegetables.

Gentle dancing is an important part of our activity programme as they require participants to keep focusing on their movement and to listen for new instructions. This helps to keep both body and mind active.

Sing-a-longs also form part of these sessions using familiar words and tunes to stimulate memories.

All our exercises are done to the accompaniment of music and are designed especially to help keep joints moving and muscles supple.



## The Homestead Salon

We offer regular hairdressing sessions at our very own Homestead Salon.

Our hairdresser provides a wide range of services for men and women, including cuts, beard trims and wash and blow waves.

We are always happy to help to arrange appointments and let you know how much the different services cost. Everyone leaves the salon with a smile.



## Reminiscence

Reminiscence is part of our work and the corridors have posters and pictures simulated to bring back memories from the past. We sometimes take old fashioned day to day items to other areas. This enables us to have larger group reminiscence activities. This helps keep our service users memories active and enjoy the feeling of nostalgia it encourages.

Our reminiscence items make special memories come flooding back - being able to look, touch and feel the object can help unlock long forgotten memories

We can get to know a person, find out their likes and dislikes and begin to build up a picture of who they really are.

This helps us when formulating a person centred care plan.

We also have a very authentic looking reminiscence shop, which we are very proud of. Come and have a look at our shop and post office where you can reminisce about how shops were before supermarkets and maybe have a Jelly Baby or two.

Our shop is filled with products, brands and posters no longer around and is a real trip down memory lane.



**"It's so reassuring to know that my husband is in such comfortable surroundings with very caring staff, allowing me my only opportunity to leave my house for a few hours."**

## Quiet areas

There are several quiet areas where service users can sit and read. Although we encourage visitors to socialise and chat, we understand that sometimes people want to be left alone to have quiet time.



"So much time, effort and thought has been put into the comfort, the surroundings and activities at The Homestead - reassuring me on my first visit that my husband would be well looked after."

We have a light and airy Rest Room with comfortable chairs and books/magazines on hand.

## Using our services

### How do I get there?

You can either make your own way to The Homestead or use the transport we can organise to pick you up and return you to your home. We will let you know which transport organisation we have a contract with.

### How much will it cost?

There is a charge for our day service. Depending on your situation you may be able to receive some help, however your social worker will explain this before you start day opportunities.

There are small charges for transport, meals and hairdressing, which will be explained to you when you visit.

### No smoking policy

Smoking is not allowed, in any part of our building. However, if you are a smoker, you can smoke in the garden areas.

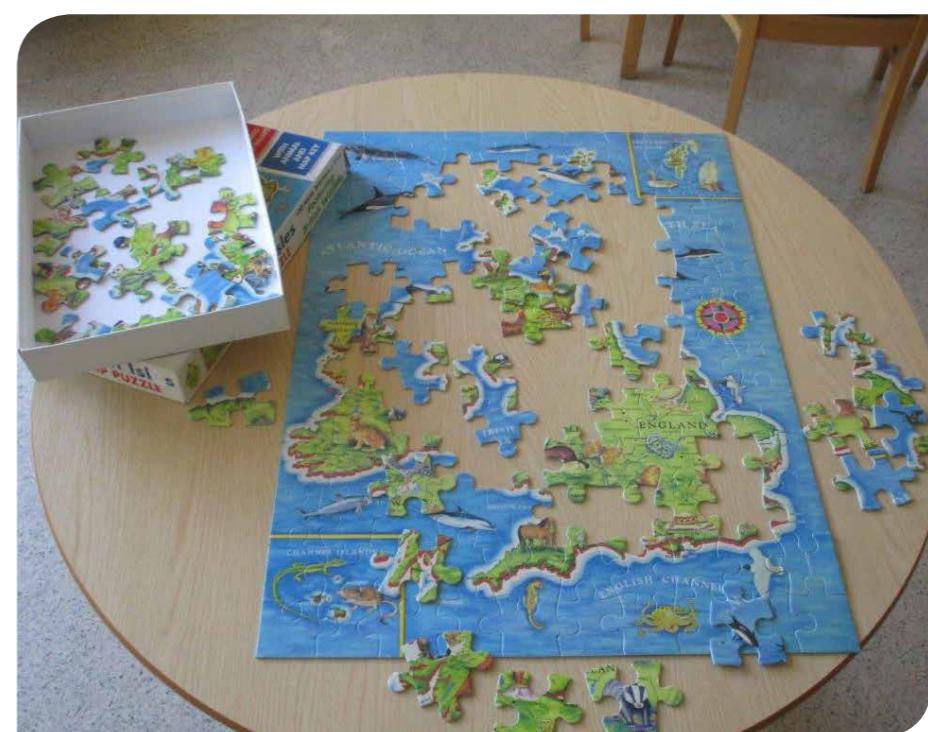
### Complaints, compliments and comments

We hope you will be happy with our services but if not please talk to a member of staff so that we can try to put it right. If you are still not satisfied please complete a Complaints, Compliments and Comments form.

You will be given a Complaints, Compliments and Comments form when you start using the service but forms are also available at The Homestead.

### What now?

If you would like to come and see us following your initial assessment please telephone us on 01484 422789 to arrange a convenient time. Our team will be delighted to give you a tour of our facilities and discuss your needs with you in more detail. A personal visit is the best way to really see what's on offer at The Homestead.





## For information on care:

**Telephone:** 01484 414933 or

**Email:** gatewaytocare@kirklees.gov.uk or

**Visit:** [www.kirklees.gov.uk](http://www.kirklees.gov.uk).

**Contact:** The Homestead on 01484 422789

**Email:** [The.Homestead@kirklees.gov.uk](mailto:The.Homestead@kirklees.gov.uk)