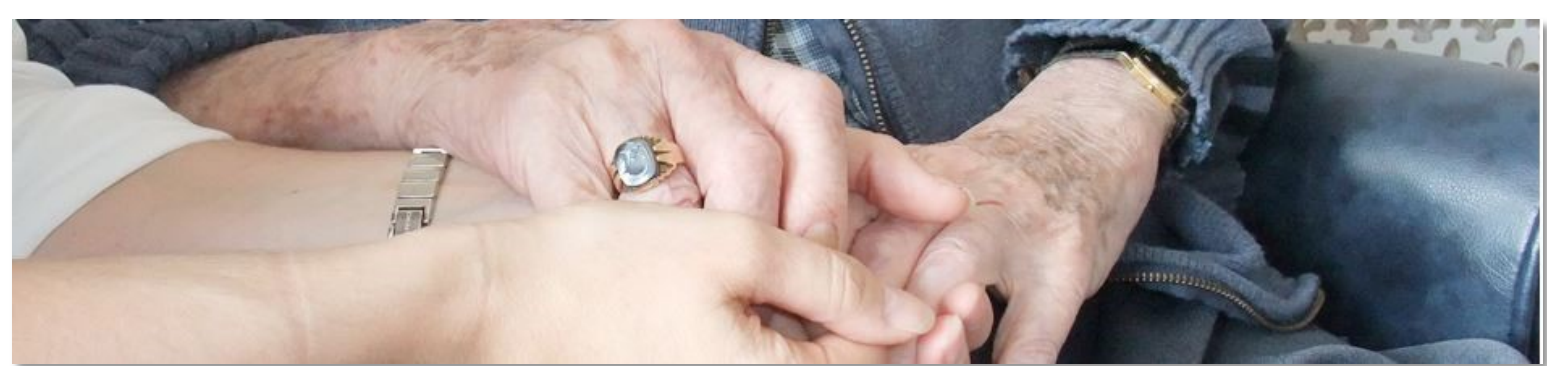


# *Legra Residential Care Home*

*"Delivering Personalised Care"*



*"Home from home at Legra Residential Care Home"*

## THE HOME

Legra Residential Care Home is an imposing period house that has been sympathetically extended to provide accommodation for our residents. Located in the heart of the beautiful seaside fishing village of Leigh on Sea. The home is registered for 20 elderly and dementia residents, male or female, over sixty-five years of age. We have a choice of single, and double rooms. This includes rooms with en-suite facilities. We have two lounge areas and a conservatory.

A team of dedicated staff provides care 24 hours a day that ensures the service users live in comfort and safety. The home's manager who has a level 5 qualification in care and the deputy, have between them many years experience in care of the elderly. They are committed, extremely well motivated and continually strive to improve the services provided.



*"Really well run care home. Excellent staff. Nice room. My mother is really well looked after and the staff always go the extra mile to help her"*

## CARE

Legra Residential Care Home is fully compliant with the requirements of the Care Act. The service we deliver is based on the Core Values of Care.

**Privacy**

**Respect**

**Fulfilment**

**Security**

**Dignity**

**Equality**

**Choice**

**Independence**

Needs and values are respected in matters of religion, culture, race/ethnic origin, sexuality and sexual orientation, political affiliation and marital status.



## ADMISSION

The decision to move into a residential home is a major event in the older person's life. For some, it will be a positive choice yet for others it will not. Therefore helping with sensitive arrangements and settling into the home is very important.

Prospective residents are always assessed by the manager or deputy manager prior to admission to ensure we can meet their needs. Family and friends are invited and encouraged to visit the home prior to admission. We also encourage residents and families to personalise their bedrooms, making them a home from home.

## DEMENTIA

Based on accredited training and development programs, our team at Legra understand how Dementia will often affect a person's ability to remember, learn, think and reason and cause a gradual loss of social skills. We are aware there are many types of Dementia and not all result in permanent disability.

At Legra we strive to support our residents and their families through what can only be described as a dramatic stage in their lives. Usually prior to admission the prospective resident will have been allocated a community psychiatric nurse who will advise and support sufferers.

Accepting that someone has dementia can prove very difficult, this is where our staff at Legra will support both the resident and their families. Developing a care plan that maintains a good daily routine that promotes independence and a safe as possible environment, will do this.

As dementia affects physical coordination, activities will be adapted encouraging working with residents' strengths not their weaknesses. For example, taking advantage of their good long-term memory with old photo albums or music helping to recount happier times. We will also endeavour to give plenty of tender loving kindness which is what they need most of all.

*"My father is in a calm and kind environment and the staff seem well able to cope with his vascular dementia and all that that entails"*



## ACTIVITIES

An activities coordinator is employed to provide suitable activities for our residents. These include board games, card games, bingo, a visiting library, exercise to music and music relaxation. The coordinator is also available to spend recreational time with individual residents.

A general activities plan is devised monthly to accommodate both choice and needs. This includes in-house and outside entertainment. We have mobile shops and access to various goods and services which promote independence and choice.

The local primary school pupils make regular visits to the home, entertaining our residents with music, games and singing.



## ADDITIONAL SERVICES

Additional services can be provided on request. These include hairdressing, chiropody, nail care and complimentary therapies such as reflexology and massage. Papers and periodicals are provided by the home and ordered on special request from residents.

Qualified professionals liaising with our staff ensure the residents' safety and well being is protected at all times and especially whilst external services are provided.

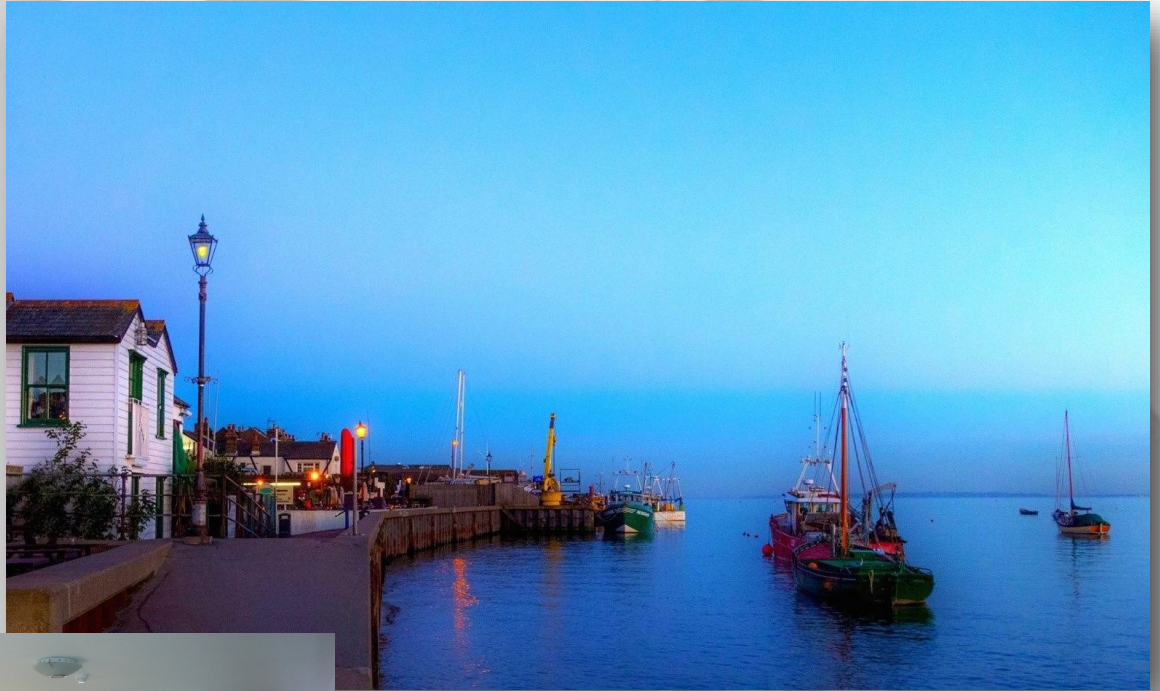
## RESIDENTS CHARTER

1. Dignity, beliefs, choices of life style in all circumstances to be respected by staff
2. Kindness
3. Privacy
4. Confidentiality in all matters, personal and medical, and protection of interest, social and legal
5. Freedom of movement and activity, subject only to safety
6. Freedom of choice, so far as practicable
7. A homely and safe environment
8. Feel and be treated as a valued member of the small community of the home
9. Have visitors whenever wanted
10. Associate with others and build up relationships outside of the home
11. Have spiritual, emotional and physical needs met and respected
12. A high standard of care to be given, to be given details of their medical condition(s) on request; to have a named key worker and choice of GP and dentist if possible
13. Be consulted on all aspects of living within the home relating to their care, and have the right to say no
14. Go to bed at the chosen time and have a lie in and breakfast in bed if desired
15. Have free access to the manager and inspectorate easily and have complaints taken seriously and dealt with promptly and fully

*“Legra is clean and calm and their empathetic approach is something I haven’t experienced before”*

## LEIGH-ON-SEA

Leigh-on-Sea is based on a traditional fishing village dating from mediaeval times. The Old Town retains its charm as it still operates fishing and cockling fleets, attracting hundreds of thousands of visitors a year. It also has nature reserves, sites of special scientific interest, a museum, pubs and restaurants, leisure facilities, yacht clubs, open spaces and a wide variety of wildlife.

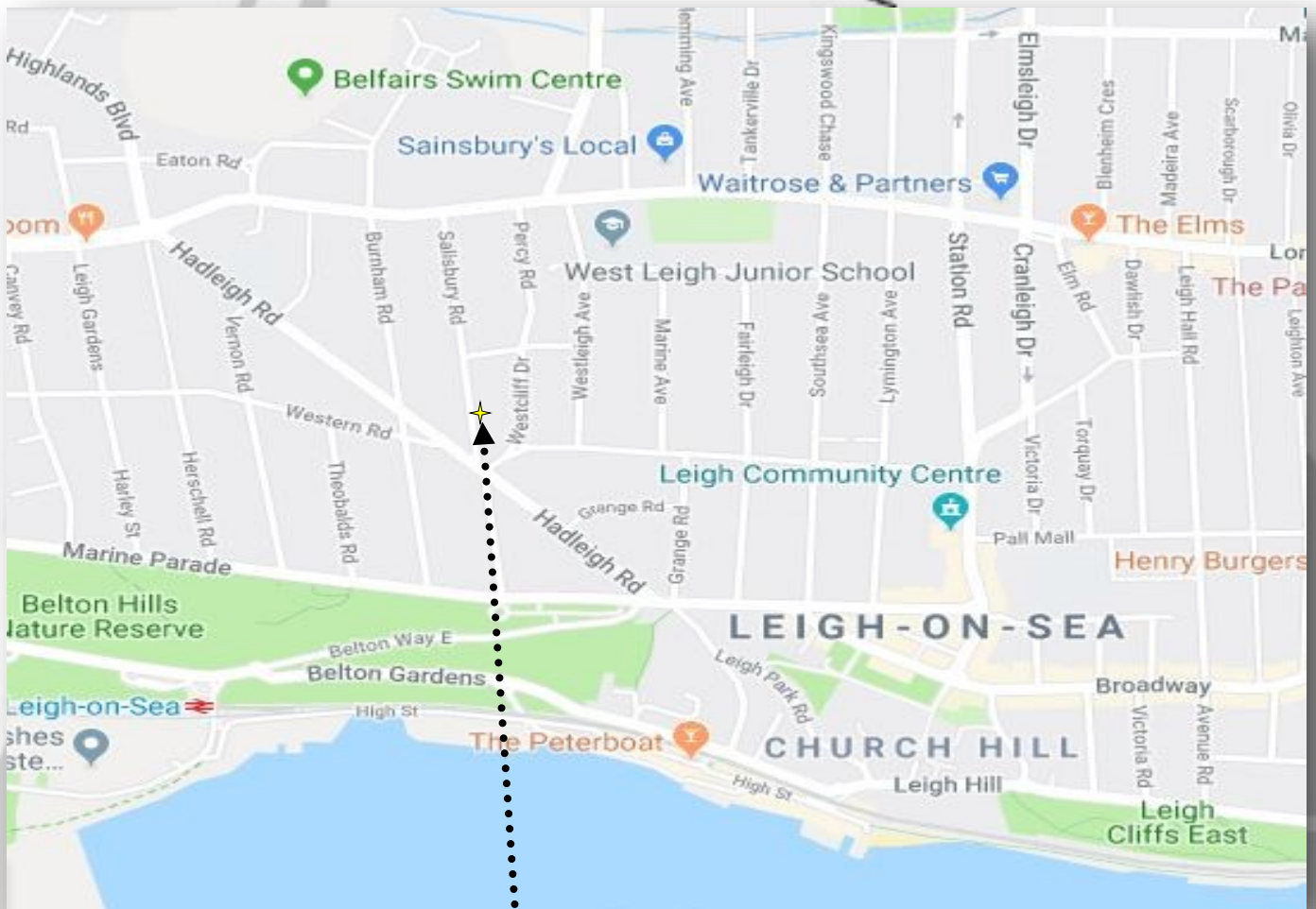


## VISITING

Visitors are encouraged and welcomed to the home at all times. A visitor's book is provided in the hall in compliance with health & safety legislation. We operate an open visiting system but respect the right of a resident to refuse a visitor. Residents are at liberty to receive or make outside telephone calls, help will be given if required. Assistance is given with letter writing or reading as appropriate.

***"Leigh-On-sea, voted the happiest place to live in the UK"***

## CONTACT US



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