

Fosse House

CARE HOME – ST. ALBANS



Key Information Guide

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This document is available in other formats on request. Please contact the home manager for details

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Introduction

Fosse House is located within the beautiful city of St Albans. Conveniently situated within walking distance of Verulamium Park, the home benefits from good transport links with nearby bus routes and close proximity to the M1 and M25. Fosse House also benefits from the large supermarket and pharmacy which are adjacent to the home.

Fosse House is part of the Quantum Care family; a family that forms a not for profit Community Benefit Society. The first of our core values is that *"Our residents are at the heart of all we do"* and that is why we are committed to ensuring our residents and their families receive the best quality service and environment we can offer.

This guide is designed to give you key information about Fosse House. For information on fees and our terms and conditions, please refer to the **Indicative Fees Guide** and the **Care Home Contract**, both of which are available on the website www.quantumcare.co.uk and in the home.

Services

At Fosse House, we provide a range of care services including the following:

Residential Care

This type of care is designed for older people who might be finding it difficult to cope at home without assistance. Fosse House provides accommodation with 24 hour personal care and support.

Dementia Care

This type of specialist care is delivered by highly trained staff for those who are living with dementia. We provide 24 hour personal care and support in a supportive environment.

Respite Care

In many cases, residential care may only be needed for a short time, for example to enable family or carers to have a break. This service is also available to those who may be recovering from an illness or operation. We provide 24 hour care in a safe comfortable environment from just a few days to as long as you need.

Day Services

Our day services offer a social club atmosphere with a full programme of activities and social events, alongside some personal care and support. This is a great option for older

people who are not ready for a care home environment but might need a bit of extra help and would like to meet new people. It is also a good option for busy carers who want the peace of mind that their loved one is being looked after in a safe, welcoming and stimulating environment whilst they take a break.

Palliative and End of Life Care

We provide 24 hour care and support for those who are living with a terminal illness, as well as those who are at the end of life.

Facilities

- Fosse Rocks Café
- Sensory / Namaste Room
- Sun lounge
- Hair and Beauty Salon
- Kitchen facilities available to families
- TV lounges
- Quiet lounges
- Landscaped gardens
- Wi-Fi available
- 81 bedrooms within 6 households
- En-suite facilities in every bedroom
- Telephone and TV point in bedroom
- Nurse call monitoring system
- On-site laundry
- On-site catering
- Full lift access
- Full disabled access
- Visitors' on-site parking
- Secure access to building

Your New Home

Fosse House has 81 bedrooms across two floors. The rooms are divided into 6 households; each with its own kitchen and lounge/dining areas. There are additional seating areas located throughout the building and various communal areas available for you to use.

The home has a sun lounge on the ground floor, which leads into a large, beautifully landscaped garden. It also benefits from a Namaste Sensory room, offering twice-weekly

sessions with our qualified in-house Holistic Therapist. In addition, there is an Animal Therapy room and a Café which is open a minimum of six days a week and run by a qualified activity care worker.

When you move into Fosse House, we want you to feel completely at home. All of our bedrooms have en-suite facilities, 20 of which include a walk-in shower. They are fully furnished with a bed, bedside cabinet, chair, curtains, carpet, wardrobe and chest of drawers. They also have television and telephone points. The home does have Wi-Fi although this can be limited in certain parts of the building.

What is most important however is making the room personal to you, so we encourage you to bring along the things that matter to you such as pictures, family photos, ornaments, small items of furniture etc. (please note that fire regulations apply).

Care Planning

Understanding all about your life history, your needs and the people and places close to your heart will help us to ensure that the care and support we provide is designed especially for you. Just like our staff teams, our residents come from a diverse range of backgrounds, with different likes and dislikes but what matters most, is that we respect your right to live as you choose.

Before you come into the home, a member of our care team will carry out a detailed assessment to ensure that we can provide the service that you require.

When you move into the home, we will work closely with you and/or your loved ones to create a person centred care plan which is tailored to your exact needs and wishes. You will be allocated a Key Worker who will be a point of contact for both you and your family and who will be involved in reviewing your care plan. As you continue your stay with us, this care plan will be regularly reviewed and updated if things change.

Your Care Team

At Fosse House, our whole team is passionate about ensuring residents receive the best care and support, and that they live happy and fulfilled lives. Each and every member of the team receives first class training and is provided with ongoing support to help them develop and thrive in their career.

Our team is led by the Registered Manager Julie Oakley-Reid with support from a Deputy Manager. Both Managers have extensive experience within the care industry.

Our care teams are proactive in the care that they give and are always available regardless of the time of day or night. We aim for all care staff to work towards and achieve their Level 2 Diploma in Health and Social Care.

Supporting the teams in the home are our Senior Carers and we aim for all Senior Carers to achieve their level 3 Diploma in Health and Social Care.

Residents are able to choose whether they are attended to by male or female Careworkers if it is reasonably possible.

The home also has a Chef Manager and Housekeeping Manager, alongside two Administrators, and two Receptionists.

The specific level of care that each individual resident will receive will be based on the outcome of a series of different assessments that are reviewed on a monthly and when required basis. This includes, but is not limited to, forms such as a 'dependency tool', falls risk assessment, Waterlow chart, weight monitoring chart and manual handling risk assessment.

In addition, we have a 24-hour nurse call system installed in all our residents' bedrooms and throughout the home.

Your Leisure

Keeping busy and active is important for both mental and physical well-being, which is why we have a broad range of activities on offer at Fosse House and a dedicated Activity Team. When you move into the home we will take a detailed record of your life history, including your likes, dislikes, previous hobbies and interests. We will then create an activities programme which is suited to you.

Our Activities Team put on a wide range of events and activities, from arts and crafts, to exercise programmes, gardening and cooking clubs, games, quizzes, parties, film nights and days out, so there is something for everyone. We also provide gentle activities such as hand manicures or pampering sessions for those who prefer a quieter approach to life.

Your family and friends are welcome to come and join in with what's going on at the home. We have regular entertainment and events which they can attend, or they may prefer to pop in and join you for coffee in the Fosse Rocks Café or a stroll around our beautiful gardens. A full list of events can be seen in the reception area and in each household.

We also ensure that our residents remain connected with the local community, with regular trips out to local places of interest. We also have many community groups coming into the home such as schools, churches, clubs and societies.

Religion and Culture

Religion, nationality and culture can have a major influence on many parts of life including how and when you worship, your preferred music, food, clothes and everyday routines. At Fosse House we welcome residents from all backgrounds, and we will do everything we can to support you to pursue your religious and cultural needs.

Medical Care Arrangements

Medical care at Fosse House is provided by our local General Practitioners (GPs). If you are local to the area and wish to remain with your current GP, then they can continue to visit you at the home. Otherwise, we will arrange with you to be registered with one of our visiting GP practices.

Fosse House does not provide nursing care and we therefore do not employ nurses. We do have access to District Nursing services if you need them however, and can arrange them on your behalf.

If you are coming to Fosse House for a temporary stay and your present GP is willing to visit you while you are staying with us, then he or she will be most welcome. If your GP cannot visit we will help you find a temporary local GP for the duration of your stay.

If you have an external appointment, you will need to arrange to be accompanied by a relative, friend or your representative. If they cannot be contacted or are unable to attend, then we will endeavour to arrange for a member of staff to accompany you, but this may not always be possible. If we do provide a member of staff to attend with you it will be discussed in advance with you or your representative by the Home Manager and will be charged at the following rate:

- Monday – Friday Days: £20 per hour
- Monday – Friday Nights: £21 per hour
- Saturday - Sunday Days: £21 per hour
- Saturday - Sunday Nights: £22 per hour

Medication

When you come to live at Fosse House, we can manage your medication for you. When you move in, you will need to bring all your medication with you and we will then arrange for your prescriptions to be dispensed directly to the home and administered by one of our trained staff members. If you normally manage your own medication, you can continue to do so and you will be given a lockable area in your room for storage.

Personal Belongings and Money

All bedrooms have a lockable container or drawers which can be used to keep personal items secure. If you wish to make purchases at the home such as toiletries, sweets or hairdressing, then you can either keep your money in your locked container or drawers, or you can book it into the home's safe and we will pay for purchases on your behalf and keep receipts to show what has been spent.

For all personal furniture, belongings and any valuable items, you will need to organise your own personal insurance policy.

Dining Arrangements

Food is not only vital to health and well-being, but can also be one of life's greatest pleasures. This is why we place a huge emphasis on good nutrition and the eating experience as a whole.

At Fosse House, all of our meals are home-cooked by our experienced on-site catering team using fresh ingredients, sourced locally where possible. Our menus are prepared centrally to ensure they meet the highest nutritional standards. They are then personalised in each home to suit the tastes of residents. You just need to tell us what you like and dislike, and whether you have any dietary requirements, and our chef will ensure that there is a choice of nutritious and tasty meals on offer for you.

All of our kitchens produce a variety of menu choices every day and are experienced in meeting a range of health, ethnic and religious dietary needs. In addition to our regular mealtimes, there are a range of snacks and drinks available all day so there is always something on offer whenever you fancy it.

Standards of food safety and hygiene within care homes are measured by the Food Standards Agency, an independent Government department. Fosse House has a Food Hygiene rating of 5 stars.

Visitors

Contact with relatives and friends is fundamental to care home residents' health and wellbeing and visiting is encouraged at all times. You are welcome to entertain visitors at any time either in the privacy of your own room or in the communal areas. They can also join you for a meal by arrangement with the staff team. Visitors need to sign in and out of the building for safety reasons.

Pets

For many of our residents, their pet is an important part of family life. If you have a pet, then please discuss this with the Home Manager who will determine whether your pet is suitable for the home and whether the home is able to accommodate it. Due to the nature of communal living this may not always be possible.

Newspapers

If you like to keep up with the latest news, then we can organise a daily delivery of your chosen newspaper from our local newsagent. The cost of newspapers is payable weekly to the newsagent and we will forward payment on your behalf.

Post Arrangements

Post is received at the home via the main office. Your mail will then be separated and delivered to your room. If you wish, we can keep it safe in the office for your family/representative to collect on your behalf.

Smoking

Residents can smoke, but to comply with recent legislation we ask that you smoke only in the designated areas which is outside. Your visitors may only smoke in designated outdoor areas. All smokers must ensure they place their cigarettes in the appropriate bins and ensure they are extinguished.

Laundry

At Fosse House we have an in-house laundry service for personal items of clothing. When you move to the home, we ask that all items of clothing are clearly labelled with your name. The home is equipped with a thermal-heated labelling system and the Housekeeping team can label up to 50 items of clothing and footwear for a small charge of £10.

Please note that our washing machines are industrial machines that wash at high temperatures. This means that thermal heated labels are the only type which will endure these temperatures. It also means that we are unable to wash clothing which either requires dry cleaning or is made of delicate fabrics such as silk or pure wool.

Additional Health Care Services

At Fosse House we have regular visits from the following external professionals:

- Chiropodist
- Dentist
- Optician

These professionals are independent and are not employed by Quantum Care. Prices are available on request. If you prefer to use your own contacts for these services, we can help you arrange this. **Please note:** Some people may be entitled to free health services through the NHS.

Beauty and Grooming

We also have regular visits from the following:

- Hairdresser

These professionals are independent and are not employed by Quantum Care. Prices are available on request. If you prefer to use your own contacts for these services, we can help you arrange this.

Health, Safety and Fire Precautions

Everyone's safety is important to us. All Quantum Care buildings have regular health and safety visits to ensure our premises are safe for residents, staff and visitors. We also have regular fire drills to ensure that everybody knows what to do in the event of a fire.

When you move into the home, a member of the team will take you through all the health, safety and fire procedures that will keep you safe.

Confidentiality

The nature of our service means that much of the information you provide to us is personal and sensitive. We respect your right to privacy and dignity and we will handle your information in a way which preserves your rights, and is in accordance with the Data Protection Act and GDPR regulations.

For more information about how your personal information is stored and used, please speak to the Home Manager.

Quality Assurance

We want to ensure that we are consistently providing you with a quality and personal service that exactly matches your requirements and that's why we want you to tell us if there is something we could do better.

Internal Quality Monitoring

We have a Quantum Care Quality Team who regularly audit each home to ensure that standards are being met and delivered. The Regional Manager also attends the home monthly to monitor quality of service.

Care Quality Commission

All care homes are registered by the Care Quality Commission, the independent regulator of health and adult social care in England. The CQC monitor, inspect and regulate services to make sure they meet fundamental standards of quality and safety. Fosse House was inspected in July 2018 and was awarded an **Outstanding** rating in the "Responsive" Key Line of Enquiry and an overall rating of **Good**. The Care Quality Commission can be contacted by telephoning 03000 616161, by post at CQC National Customer Service Centre, Citygate, Gallowgate, Newcastle upon Tyne, NE1 4PA or by online form via the CQC website www.cqc.org.uk

Compliments

If you feel that we are doing things well, then we would welcome your feedback. This gives us an opportunity to thank members of staff who are involved in delivering your service.

Complaints Procedure

If you wish to make a complaint about any aspect of the service at the home, please speak to a senior member of staff in the first instance who will always do their best to rectify any complaint that you may have.

Our Complaint Procedure is on display and will also be given to you in writing. Alternatively, you can download our Complaints Policy at www.quantumcare.co.uk

You can also refer your complaint to Health and Community Services in Hertfordshire; this should be addressed to;

The Client Relations Manager
Health and Community Services (SFAR209)
Farnham House, Six Hills Way,
Stevenage, SG1 2FQ
Telephone No: 0300 123 4042

Complaint forms are available. A form can be posted to you or accessed via Hertfordshire County Council's website www.hertfordshire.gov.uk/complaints

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