

Latimer Court *Whisperer*



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Hello and Welcome!

Welcome to the autumn edition of the Latimer Court Whisperer.

I have recently transferred within Barchester from Jersey, Channel Islands and I'm excited about welcoming new visitors and existing friends to Latimer Court Care Home.

Over the next few months we have many events planned throughout the home including an open day on 19th October 2019. I am aware that looking for care can be a little bit daunting, but our team here at Latimer Court will do all we can to provide all of our guests and residents with the guidance and the support that they may need.

We have also organised residents and family and friends meetings. These meetings allow you to have a say in the daily running of your home and I am more than happy to answer any questions, no matter how big or small they are.

I look forward to meeting you all in the near future.

Please feel free to say hi when you see me around the home and introduce yourself.

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General Manager



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News in and around *Latimer Court*



Reducing the risk of developing Dementia

There are several risk factors associated with developing dementia, age being the greatest, as people age so does the likelihood of developing dementia. Dementia can affect both men and women. In the current population, women are more likely to develop Alzheimer's and men are more likely to develop vascular dementia. We cannot rule out the risk of developing a dementia entirely, but we can develop a healthy lifestyle which mitigates some of that risk. What's good for the heart is good for the brain. Giving up smoking, eating a healthy diet, regular exercise and reducing alcohol intake are all ways in which we can adopt a healthy lifestyle. Keeping socially active, reducing cholesterol and lowering blood pressure also have a positive impact on health and wellbeing.

Bonfire Night!

Residents and staff at Latimer Court Care Home will celebrate Bonfire night with a range of festivities recently, helping to wash away those winter blues and get everyone ready for the festive season.

Celebrations will kick off with a visit from a singer, who will put on a fabulous show that everyone will thoroughly enjoy. This will be followed by a firework display with a lovely glass of mulled wine and a mince pie.

Bone Health

Older people are more likely to break a bone as a result of a fall if they have osteoporosis. Often a fracture following a fall is the first indication that the person has osteoporosis. Many of these breaks are known as "fragility fractures" sustained by falling from standing height or less.

It is important to assess a person's bone health by asking a few simple questions:

- Is there a family history of osteoporosis and low trauma fracture?
- Has the person been on long term steroid therapy?
- Has the person suffered height loss or spine deformity?
- Premature menopause before age 45
- Intestinal disorder e.g Coeliac disease
- Smoker current or within 10 years
- Alcohol intake of 3 units per day or above

Bone health medication may help strengthen bones and this should be discussed with the resident and GP. If bone health medication is prescribed it is important that it is administered appropriately. The medication and its correct administration should be highlighted in the person's care plan.

Exposure to sunshine helps the body maintain levels of Vitamin D.

Good nutrition and hydration is important to maintain muscle strength and bone health therefore a healthy balanced diet and adequate fluid intake should be encouraged and supported at all times.



FALLS – an overview

Falls are very common and older people living in a care home are 3 times more likely to fall than those living in their own home. There are many different reasons why people fall and staff members are keen to work with you and your relative/friend to identify any individual risk factors in order to minimise such risks.

Falls history

If someone has fallen previously, they are more likely to fall again. It is important for staff to know the details of any falls that have occurred before coming to live in the care home. This can be very useful in working out the cause of falls and what can be done to minimise them.

Mobility and balance

It is important that older people keep as physically active as possible while remaining safe. Everyone needs to maintain a certain level of physical activity or exercise to maintain the use of their muscles and older people in care facilities are particularly susceptible to muscle wastage, if their activity levels are reduced. Your knowledge of their ability and their perception of their ability is crucial so that we can best support a positive, active, safe environment as far as possible.

Maintaining good balance is equally important in reducing the likelihood of falls. Balance depends on a number of factors including vision and fine motor skills. Impaired balance and unsteadiness are often related to diagnoses of stroke, dementia or Parkinson's disease

Cognitive impairment/ dementia

There are a number of different behaviors which increase the risk of falls in people with cognitive impairment/dementia, including agitation, the urge to walk, and impulsiveness. Observation and discussion with relatives/friends will help staff to identify possible triggers for such behavior, and to plan potential strategies to reduce high risk behavior.

Sudden onset of confusion is often caused by an acute medical condition such as infection, diabetes and some medications. If you notice your relative/friend is more confused than normal please tell the person in charge, who will assess the situation.

Halloween
31st October
from 3pm

Join us and celebrate Halloween as we carve some pumpkins and enter them into our competition, the scariest one will be crowned the winner!



Carehome.co.uk

Carehome.co.uk is the UK's leading care home website. It's the care industry's equivalent of Trip Advisor. If you are pleased with the care you or a relative are receiving at a Barchester home, please consider sharing your experience with others who are looking for good quality care by submitting a review.

‘Excellent’ Result for Canmore Lodge

Staff and residents at Canmore Lodge Care Home in Dunfermline are celebrating their recent Care Inspectorate Report result, where they scored an overall ‘Excellent’ after receiving a score of 6 for supporting people’s well-being, and 6 for how well the home supports and plans care. The report follows the home’s recent success on carehome.co.uk where Canmore Lodge achieved a perfect 10/10 rating. Currently only 1.5% of Scotland’s care homes for elderly people have an overall ‘Excellent’ rating, making Canmore Lodge ranked among the best in the country.



2019 Barchester Care Awards

The Barchester Care Awards is an annual event that showcases the very best that Barchester has to offer. The Care Awards celebrates the fantastic individuals who work and volunteer in Barchester care homes across the UK; and also has a category devoted to recognising the beautiful outdoor spaces tended by residents and staff members.

Our Divisional Winners have already been named, and the award ceremony will be held in Manchester on 3rd October, when the National Winners will be announced. Good luck to all our Divisional Winners and thank you to everyone who took the time to make a nomination.



Follow us on social media!

Keep up-to-date with the latest news and stories from us and see pictures of life at Barchester homes by following us on Twitter and Facebook:



@Barchester_Care



/BarchesterHealthcare

Bringing a bit of magic to those living with dementia

At Barchester, we are always looking for ways to improve our residents' quality of life. This is why we have introduced a Magic Table to many of our care homes - offering opportunities for those living with dementia to increase physical and social interactions and, most of all, have fun.

The Magic Table is an interactive light projector that was originally developed in The Netherlands. It's a specialist piece of technology designed to support residents living with dementia, and is proven to help staff promote stimulation through specialised games.

The colourful light projections respond to hand and arm movements, enabling residents to play with the light itself, increasing both movement and stimulation.

Some of the key benefits for our residents include:

- Positive effect upon well-being by improving mood, reducing apathy and restlessness, as well as increasing engagement levels
- Improved engagement during family visits
- Improved relationships between staff and residents by facilitating playful activities
- Increased interaction between residents



Barchester Nominated for 3 Laing Buisson Awards

Barchester is proud to have been named as a finalist in 3 Laing Buisson Awards categories: 'Residential Care (Larger Organisation)', 'Property Developer' and 'Property Investor'. The ceremony will take place on Wednesday 13th November 2019 at Park Plaza Westminster Bridge, London, where the winners will be announced.

This year, the awarding body received a record-breaking number of nominations for every single category, with over 400 entries in total.

Last year, we were delighted to take home the 'Property Developer of the Year' award, and Barchester CEO, Pete Calveley was recognized for his amazing work in the care sector by being presented with the 'Outstanding Contributions to Care' award.



Barchester Holds Key to Future Care

Barchester recently received the keys to Mortain Place in Eastbourne, enhancing our portfolio of care homes.

Lesley Standing, the General Manager of Mortain Place was delighted to accept the keys to the latest 80-bed property on Pevensey Bay Road from the Project Construction Manager Mark Tomalin, from McGoff Construction.

Barchester will also be opening another care home in 2019: Trinity Manor in Sherborne. This service will offer dementia and residential care for 64 residents.

