



Our guide to moving into a Sanctuary Care home

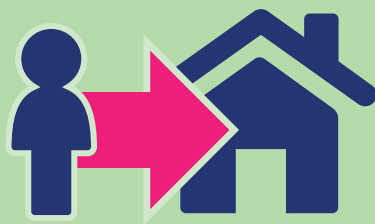


Our guide to moving into a Sanctuary Care home

how do I prepare and what can I expect?

We understand moving into a care home can come with mixed emotions – it's a big transition to make, not just for the resident but also their loved ones, who may have been their carer and naturally feel nervous about someone else having this responsibility.

Any move can come with feelings of uncertainty, but we're here to talk you through the process one step at a time, supporting you and those closest to you.



What do I bring?

Your bedroom will be fully furnished, but we encourage you to personalise it with small pieces of furniture, as well as pictures, treasured ornaments and those 'home comforts' that give it that special finished touch.

We provide all of your bedding and towels, but if you would prefer to bring your own, please do.

Sometimes these items and even your own soft furnishings can make you feel right at home.



What about day-to-day items?

We recommend bringing enough clothing to last about two weeks, including items like a dressing gown, slippers and outdoor wear, such as a coat, scarf and gloves.

Please make sure it's clearly labelled with your name, so we can return everything freshly laundered to your room.

And don't forget your toiletries, including toothpaste, shampoo, deodorant, shaving and hair products. We know people like particular brands, so it's best to have enough to keep you going for a couple of weeks. We'll let your loved ones know when these need replenishing.

If you need continence support, this will also be supplied, unless a specific type is preferred, which your loved ones are welcome to supply.



Move-in day

We know this day may come with some nervousness – rest assured every member of the team is here to make your transition go as smoothly as possible.

And we're confident it won't be long before you're making new friends and enjoying everything that life in a care home has to offer.

When you arrive, we'll take you to your bedroom. If you would like us to help you unpack and settle into your new room we're here, but if you'd prefer a little time with the loved one who has accompanied you then of course, take all the time you need.

All our homes have a helpful and extremely handy maintenance person who will be only too happy to help you to get your room looking just right, from putting up some pictures to setting up your television.



Food glorious food

Our chefs prepare delicious, home-cooked food every day, from freshly-made soups to roast dinners with all the trimmings and fish and chip Friday. And not forgetting home-baked cakes and sweet treats served for afternoon tea.

When you arrive, we'll provide you with menus and the chef will spend time with you, discovering what you like to eat.

Just as importantly, they'll also find out what you don't like, and of course if you have any food intolerances.

If your tastes change over time, that's fine, our chef or catering team will regularly spend time with you to make sure you're happy.



Engaging, meaningful activities

There are always a variety of things going on in our homes, from larger group activities to person-centred experiences that are more meaningful to you individually.

We take the time to find out what you enjoy doing in your spare time, what you would like to continue doing and anything new that you might like to try.



Staying connected

This is your home and your loved ones are welcome to visit whenever you'd like them to.

Whether it's to pop in and join you for morning coffee or to catch up after supper, or even if they wish to limber up and join you in the home's daily exercise session, they are always welcome – no matter the time or day.

You may wish to make an appointment with our visiting hairdresser, have a regular visit from the chiropodist or continue with regular eye check-ups, whatever it is you would like to do we will make sure everything is arranged for you.





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Sanctuary Care
Chamber Court | Castle Street | Worcester | WR1 3ZQ
sanctuary-care.co.uk | 0800 140 4953

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