

Little H Brook House

Residential Care Home

Compassion in the Care of the Elderly



Foreword

“A warm welcome to you and thank you for your interest in Little Brook House.

Little Brook House is a residential care home located in Warsash, Southampton. The home is set in an acre of landscaped, accessible gardens at the heart of which is a 17th Century, grade II listed, former farmhouse that we have tastefully extended and adapted to provide comfortable, accessible accommodation for up to 25 guests.



Most suited for those with a degree of mobility, our home is a peaceful haven that offers the very best of care for those that may no longer want to live by themselves, for those that may be living with dementia or for people that may just now need a little bit more help than they once did with day to day living.

We offer both long term residential care and shorter-term respite care as part of our services and we have developed a strong capability in helping those that are living with dementia.

We have a very active and happy community in our home that is aided and supported by a fantastic team of carers and staff.

But don't take my word for it. Please pay us a visit. You are welcome at any time”

Linda Scott – Owner and Director of Little Brook House

It's A Caring Kind of Thing



Choosing a care home can be a daunting and emotionally charged experience. Not only are there the practical aspects of location and facilities to consider but also the very understandable concerns as to whether the home is a place where you will feel at home and are happy.

We want every one of our residents and their families to have the very best experience of care possible. In support of this we hold to the following principles when we design, implement and manage care in our home.



It's All About You

Above all, we treat our residents as individuals and encourage them to participate as fully in our community as they are able to or as they wish to.

We do not segregate people based on any medical condition and we firmly believe that everybody has a part to play in our home.



Good Care Needs a Plan

Good planning and communication are essential to delivering effective care.

Our Person-Centred Care planning ensures that everyone's emotional, physical and cultural care needs are respected and that the planning of care is an inclusive process involving the resident, their family and supporters and the health and care professionals



It's Your Time

Moving to a care home doesn't mean you leave your life at the doorstep.

We will support you in making the choices about how you live your life in your new home and help you get the most out of your stay with us



You're at the Centre

Each resident at Little Brook House has a designated key worker responsible for developing and maintaining the resident's Personal Care Plan and ensuring that the resident, their family and all relevant care agencies are brought together in the planning process.

Our Person-Centred Care approach ensures we maintain focus on the person being cared for and we base our Care Planning on forming a solid understanding of the individual we are caring for; their life history, habits and interests, and look to ensure that their views, wishes, likes and dislikes are fully respected in the planning of their care.

Family members have a vital role in this process, supporting their loved one in making decisions about how their care is structured and delivered.



Staying Active

We have a designated Activities Coordinator who organises events and activities on both a group and one-to-one basis. We offer stimulating arts, crafts, games, local outings, as well as one-to-one activities.

In creating the Care Plan, we find out what activities our residents enjoy and ensure as far as we are able that these continue to feature as part of day to day life in the home.

Little Brook House provides very good personal care with individual needs well attended to in a comfortable and homely setting with beautiful surrounding grounds. The staff are always kind and attentive and efforts are made to engage the residents in a range of activities. Links with local services, medical and personal, are well maintained, medical attention is promptly sought when required and conditions are efficiently and effectively monitored and managed.

P Wooding Extremely Likely to Recommend

Our Services



At Little Brook House we offer three main services

- Residential Care
- Dementia Care
- Respite Care

Residential Care

Residential Care caters for those who require some help with aspects of daily living, such as bathing, dressing and taking medication, and may now be finding it difficult to live safely in their own home or perhaps they simply no longer want to live alone or

shoulder the responsibility of maintaining their own home.

Living at Little Brook House helps reduce these pressures and enables residents to flourish, make friends and explore new interests.

Dementia Care

Living with dementia poses its own unique challenges and our trained staff will work with you to develop a tailored care plan that ensures you are cared for respectfully and sympathetically.

The home has designated quiet spaces and Reminiscence Pods that offer a peaceful environment where staff can engage with residents to talk and comfort them in times of anxiety and stress.

Family members can help construct Reminiscence Boxes and scrapbooks containing familiar objects, images and other visual cues that provide comfort and support in times of confusion.

All our staff are Dementia Friends and we have a specific Dementia Champion in the home to ensure we stay abreast of best practice.

Respite Care

Respite Care provides short term care, often for those recovering from an illness or operation or those whose regular carer(s) needs to have a short break.

Whatever the reason, our respite residents receive the same standards of care and planned support as our full-time residents, ensuring that everybody gets a well-deserved rest.

Having found this home last year when I visited knowing that in the future this is where I wanted my Aunt to be. When the time came, and we had a shocking few days in February when she went out alone with no keys and in her nightwear and got picked up by the police, the phone call was a real shock and having already arranged to be interviewed by the most amazing staff, they were so lovely, full of empathy to my own situation having to take my mum into care. The kindness and swift way they moved made me cry with relief. I am so grateful, so happy with her care, I can speak to anyone, everyone has time to answer any questions. I can breathe now, awesome place.

S Brackstone *Extremely Likely to Recommend*

Facilities

Rooms



Each of our twenty-five comfortable rooms are fully furnished, with en-suite shower rooms and call systems. There is internet access available throughout the house.

All the rooms are decorated in a style sympathetic to the house's heritage and many retain original architectural details such as oak ceiling beams. The rooms vary in size but on average they are fourteen square metres.

Residents are welcome to personalise their rooms with their own furnishings, paintings and occasionally furniture.

Dining



We offer Breakfast, Lunch and Supper each day. Lunch is usually served at 12.20pm and Supper at 5.30pm in the Dining Room.

Should they wish to, however, residents can choose where and when they'd like to eat, whether it be in the dining room, lounge, conservatory, garden or bedroom.

Morning Coffee and Afternoon Tea are also served during the day and we have a snack bar in the dining room where residents can help themselves to snacks throughout the day.

Staff are in attendance throughout to offer support where needed.

Grounds & Garden



Little Brook House is set in an acre of fully enclosed grounds, the centrepiece of which is our garden. The garden is fully accessible and during the summer months the patios and conservatories surrounding the gardens become a focus of interest – whether it is to while away the day with friends, take part in

one of the many group activities or to host one of the events we hold throughout the year.

And when the weather is not so clement we can still enjoy the gardens from the warmth and safety of the conservatories and dining room, all of which overlook our gardens.

Little Brook has a very pleasant atmosphere with rooms that overlook the garden, which is very interesting to watch the birds and wildlife. The staff are very helpful and obliging, mindful of everyday needs. Lots of activities are arranged for the residents. The management team are always looking to improve things.

Anonymous *Very Likely to Recommend*

Fees

Our fees vary depending upon resident needs and the size and location of the room. As a guide, these start from £950 per week, payable one month in advance. Fees cover routine expenses such as accommodation, meals, laundry, day-to-day care and basic medical care.

Additional services can be arranged easily such as dry cleaning, delivery of newspapers and magazines, hairdressing (every Thursday), chiropody (every six weeks) as well as visits by dentists, opticians, beauty therapists and more. These services are billed in addition to the residential fees.

Contact Us



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Ring us now on [01489 582821](tel:01489582821) and we'll be happy to help



Email us now at team@littlebrookhouse.co.uk



Visit our website at littlebrookhouse.co.uk



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Little Brook House
CQC overall rating
Good
18 March 2017

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