



McKillop Gardens

SOUTH
LANARKSHIRE
COUNCIL

Social Work Resources



Welcome to McKillop Gardens

McKillop Gardens is a care home run by South Lanarkshire Council with accommodation for up to 40 people

McKillop Gardens is situated in Parkhall Street, The Village, East Kilbride and is about a five minute walk from the local train station with the local bus route less than a ten minute walk away. Car parking facilities are available. The parking area and entrance to McKillop Gardens is obstruction free and conveniently sited for access to the main entrance. Local shops and restaurants are close by.

The home is on two floors. It has five separate living areas, two of which offer care for people with dementia, two which offers care to frail older people and one specific to short breaks only. The upper floors can be accessed by a lift.

There are five public sitting and lounge areas which have room for eight people. Here you will find facilities to make snacks, tea and coffee for you and your visitors. Visitors are welcome at any time. The home offers an overnight facility for friends/relatives.

You will have a private apartment comprising of sitting area with bay window, small kitchen area and a bedroom with en-suite toilet and shower. If you prefer a bath, bathing facilities are close to all rooms. The furniture, soft furnishings and décor are all provided and maintained to a high standard in each room.

The home enjoys a large attractive safe secure external garden area paved for walking with seating and lighting. The home also offers a winter garden on the upper floor that has a piano for use by the residents.

The home has a cinema room where residents and families may share movies or televised events.

The telephone system available in the home is by use of portable handsets.

Resident's rooms do not have telephones as standard however if you wish your own private telephone, connection can be arranged (there is a charge for this).

As part of our admission process and to help make your stay as safe as possible, there will be a requirement for two photographs of you to be taken by staff. One photograph will be used for the administration of medication sheet and one will be used for your support plan.

Our aim is to provide a home for you within a friendly and homely environment where care is delivered by a highly motivated and trained team offering personalised care and support to meet your individual assessed needs.

What is a short respite break?

Respite is regular planned short breaks provided in some of our care homes. The aim is to provide a break for you and the person(s) who care(s) for you.

What is long term care?

This can begin with a four week assessment period giving you the opportunity to experience McKillop Gardens and the care provided there. This can help you in reaching any decisions about your long term future.

At the end of your four week assessment a meeting called a 'review' will take place where your agreed care needs and your views of the service will be discussed with you. You can bring anyone you wish to your review meeting.

If the care home meets your needs and a suitable room is available you will be offered a users agreement, "contract", which sets out the terms and conditions of your residence which you have been offered. This covers things like health and safety and staffing arrangements. Staff will discuss the document with you in full. If the care home is not suitable then other alternatives will be looked at including a return to your own home, if you have decided that a care home is not for you. You should keep your own home until you make your final decision.

Staff

McKillop Gardens is staffed 24 hours a day. Staff are employed through a robust recruitment procedure which includes a thorough background check. All care staff are registered with the Scottish Social Services Council which is the professional registering body for social care staff and they ensure that the staff have the appropriate qualifications and skills to work with our residents

The staff at McKillop Gardens work as a team to ensure that the services and care on offer are of a high standard. An ongoing programme of staff training and development is in place to ensure up to date care and knowledge and best practice.

Nutrition

The home offers a nutritional diet with a varied menu. There are opportunities for you to prepare hot and cold snacks, and drinks (hot and cold) are available for your use throughout the day /night. Mealtimes can be flexible. You can eat your meals in your own room if you choose to do so.

If you need a special diet for medical, cultural or religious reasons, this can be arranged. The cook will discuss the menu and your personal preferences on a regular basis.

Medication and health

McKillop Gardens offers an enhanced GP service.

It may be possible for you to retain your own General Practitioner if they agree to this request. If this request is declined then staff will help you to register as quickly as possible with the named GP Practice.

You can retain your present dentist however if this is not possible the unit will arrange for dental and oral hygiene input for you.

If you can manage your own medication then you will be encouraged to continue with this. If you need help with your medication then staff will do this. All staff involved in the administration of medication have been instructed in the home medication system on how to administer medication safely.

If you need an outpatients appointment at your local hospital or domiciliary visits to the home for physiotherapy etc this will be arranged for you.

Hearing your voice being involved in decisions affecting you

You will be invited to attend meetings on a regular basis to discuss the day to day running of the care home.

Your views and suggestions enable the staff group where possible to continually improve the quality of the service you receive.

You will be fully involved in your review meetings to discuss your personal views and individual care needs.

You and your family/representative will be consulted in decisions regarding our facilities and services. Regular meetings take place which are minuted and available to view on request.

Your contributions will always be welcomed.

Social, cultural and religious beliefs

It is important that your social, cultural and religious beliefs or faith are known and respected by staff and that you are given the opportunity and support you may need to practice your beliefs. You may wish to continue with your present arrangements enabling attendance at your chosen place of worship.

Health and safety

As part of our fire regulations all visitors must sign in and out of the home using the visitor's book. Staff will ensure that you and your visitors are familiar with fire evacuation procedures which are displayed throughout the home.

The fire protection system together with fire equipment, is regularly checked and maintained. The home carries out regular fire drills. There is a sprinkler system in place.

Smoking is permitted in private apartments only. We would request no smoking in public areas.

The home has a controlled door entry system in place.

Copies of health and safety, and environmental health reports on McKillop Gardens are available to read on request. If you have any concerns or comments then let a member of staff know.

There is a call system in all areas of the home so that you can get assistance at any time. You will be advised on how to use this system.

You will be offered a key to your own room and you will have a lockable space within your room for safety of your belongings. We would recommend consideration be given to private insurance that would cover your personal belongings and valuables. You and your family can arrange to do this privately. (You will require to pay for this insurance cover).

Heating will be kept at a warm comfortable temperature. If your room temperature is not to your satisfaction, then staff will help you to alter your room temperature.

All electrical equipment provided in the care home will be subject to periodic inspections by a competent person.

You may bring your own furniture and soft furnishings into your own room as long as they comply with current fire safety regulations.

Activities

Planned entertainment and activities are arranged within the home in consultation with the service users on an ongoing basis. You are encouraged to complete a meaningful activity care plan. This will enable the staff to plan activities that have a particular interest to you. You are encouraged to continue to be involved in any activities and clubs you enjoyed while living in your home.

Laundry

A laundry service is provided for personal clothing, bedding and towels as part of this service. Dry cleaning can be organised for you (you will be charged for this).

Daily newspapers and magazines

Arrangements can be made for you to buy these and have them delivered at your convenience (you will be charged for this).

Hairdresser

A hairdresser comes to McKillop Gardens (there is a charge for this service).

Pets

Pets cannot be accommodated within our care home but are welcome to visit at any time. Pets should remain with owners and be observed at all times throughout the visit.

Who is eligible for this service?

If you are 65+ and think that you need permanent care or regular temporary respite care then an assessment will be carried out by a member of staff from your local Social Work team. If you wish you can have a relative, friend, carer, GP, district nurse, with you at the assessment.

How much do I pay?

A charge will be made for living in McKillop Gardens and this will be based on your ability to pay. Charges will be discussed with you during your assessment. If the council requires to fund the cost of your care a financial assessment will be necessary.

If you are funding your own care you can apply to the council for the free personal care payment. You will be able to retain a minimum weekly amount of your money for personal use. This amount is set by the Department of Work and Pensions and is reviewed every year.

If you are at McKillop Gardens for respite care you will be charged differently. Your assessment worker will explain everything to you.

Are there any additional costs?

Additional costs you will have to meet where applicable include:

- personal insurance
- dry cleaning
- postage
- telephone installation and calls
- TV Licence fee - if you are aged 74 years or below. There is no charge if you are 75 years or over
- TV aerial installation (for private use)
- hairdressing
- newspapers and journals
- private chiropody
- outings i.e. theatre, cinema tickets

Individual support plan

You have the right to make decisions about your care needs and about your life in the home. You will have a named member of staff, who will prepare a support plan with you and/or your representative, to agree and detail your care needs and the best way to meet these. You will be given a copy of this document to keep.

Individual risk assessment

A risk assessment will be prepared with you and/or your representative to identify any risks associated with your care. You will be offered a copy of this to keep.

Regular reviews will be arranged and if your needs change your support plan and risk assessment documents will be updated.

Your rights

On becoming a resident in McKillop Gardens you keep all civil rights that you had in your own home.

Staff will always respect and actively promote your individual rights. You have responsibility to consider the rights and needs of others around you and you can expect the same consideration in return. South Lanarkshire Council believes that each person is an individual and that society should respect that individual and their fundamental rights as a citizen. A Charter of Rights for people who live in the care home is on display.

Confidentiality

The council has a duty to keep written records for each person who lives in one of its care homes. These are kept in a secure place. All information shared with staff members is treated confidentially. Staff will ask you and / or your representatives, for permission to share information with others involved in your care provision, such as, GP and/or district nurse. When using information about you we will respect your legal rights under the Data Protection Act 1998. If you wish to see your personal record staff will help you to do this.

Principles of care

As a result of the Regulation of Care (Scotland Act 2001) National Care Standards for Care Homes for Older People have been set and your services will be delivered in line with these standards.

Dignity

Your right to:

- be treated with dignity and respect at all times
- enjoy a full range of social relationships

Privacy

Your right to:

- have your privacy and property respected
- be free from unnecessary intrusion

Choice

Your right to:

- make informed choices, while recognising the rights of other people to do the same
- know about the range of choices

Safety

Your right to:

- feel safe and secure in all aspects of life, including health and well-being
- enjoy safety but not be over-protected
- be free from exploitation and abuse

Realising potential

Your right to have the opportunity to:

- achieve all you can
- make full use of the resources that are available to you
- make the most of your life

Equality and diversity

Your right to:

- live an independent life, rich in purpose, meaning and personal fulfilment
- be valued for your ethnic background, language, culture and faith
- be treated equally and live in an environment which is free from bullying, harassment and discrimination
- be able to complain effectively without fear or victimisation

When delivering your care we also take into account the Dementia Standards which were launched in June 2011 by the Scottish Government. By following these standards we can ensure that our environment and our care meet the needs of any of our residents who have dementia.

Who makes sure standards are met?

The Care Inspectorate is the independent scrutiny and improvement body responsible for the registration and inspection of all care homes. Twenty care standards apply to care homes for older people. The Care Inspectorate will also look at how we are putting the Dementia Standards into practice. A copy of the Care Standards and the Dementia Standards are available within McKillop Gardens.

The Care Inspectorate inspect all care homes on a regular basis.

On completion of inspections, reports are written which detail any recommendations or requirements and comments on the quality of care by the home. Copies of inspection reports are available at the care home.

Copies of inspection reports are also available from the Care Inspectorate:

The Care Inspectorate
Princes Gate
60 Castle Street
Hamilton ML3 6BU

Phone: 01698 897800

Suggestions, comments, criticism, complaints and compliments?

The aim of the service is to promote a good quality of life for you in a homely environment, while at the same time encouraging your independence and individuality.

To help us get things right you will be given a copy of South Lanarkshire Council Social Work Resources complaints leaflet when you come to stay in McKillop Gardens.

If you are unhappy with the care you receive or any other related matter then the manager will be happy to discuss these with you. However, if you wish to speak with someone else, advocacy services are available and can be arranged at your request.

You can also contact:

Community Living Manager
Social Work Resources
Council Offices
Almada Street
Hamilton ML3 0AA

Phone: 0303 123 1015

If you wish to arrange a visit please contact the Care Home direct.



*We hope your stay at
McKillop Gardens is a
positive experience.*

McKillop Gardens, Parkhall Street, East Kilbride G74 4JT

Phone: 01355 598320 Fax: 01355 598321

If you need this information in another language or format, please contact us to discuss how we can best meet your needs. Phone: 01698 455787

Email: maureen.bridges@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk