

Fosse House



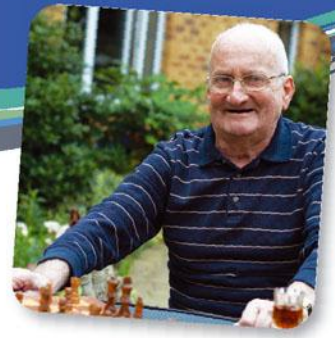
Residents' Guide

Fosse House
Ermine Close
St Albans AL3 4LA
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E mail: fosse@quantumcare.co.uk

www.quantumcare.co.uk

May 2012 - This document is available in other languages and formats on request. Please contact the home manager for details





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1. Introduction

Quantum Care is committed to putting our guests first and we want you to feel at home when you come and stay with us.

If this is your first stay at Fosse House, you will probably have a lot of questions to ask. We have designed this guide to help you. You will have the opportunity to sit down and talk to a staff member soon and they will be able to help you to prioritise and organise the things you need to think about. This guide gives you some basic information about your possible new home and what to expect from your stay here.

Please note that there are currently 2 extensions being built at Fosse house which will be opening in July 2012. They will add an extra 20 beds to the home.

2. Your Room

Fosse House bedrooms have en suite toilet facilities. They are furnished with a bed, chair, curtains, carpet, wardrobe and a chest of drawers. There is a TV and telephone point in each room. Each radiator has an individual temperature control to adjust the temperature.

You may want to bring some pictures and other personal items to personalise your room and we encourage you to do that. We ask that all personal electrical equipment is fully checked by Quantum Care before use.

All of our bedrooms have locks, and keys are provided. Staff hold pass keys. If you lock your room the pass key will only be used if repairs need to be carried out or in an emergency. (If your room needs any repairs, staff will inform you about when they will take place).

Quantum Care has a maintenance department that repairs faults and breakages. Problems should be reported to carers who will arrange fast repairs.

All repair people will carry identification. Staff will make sure that they carry out their work respectfully and ensure the safety of the residents and staff whilst they are working.

We have guidelines for staff about entering people's rooms and they are expected to knock before entering.



3. Money and Valuables

We have a hairdresser, a shop for toiletries and snacks, a daily paper service etc. You will need money to cover such purchases as it is not included in the fees. It is important to keep your money safe. Storing it in a named purse or wallet is best and we can provide keys to a locked drawer in your room for safety. If for any reason you are unable to look after your own money then you can book it into the home's safe and we will pay for your purchases on your behalf; receipts will be kept to show what has been spent. We would recommend that your valuables are looked after by your family, solicitor or bank. If you do bring them to the home we advise you to take out personal insurance as we are unable to take responsibility for valuable items. All bedrooms have a lockable container or drawers which can be used to keep personal items secure. Please also see our website www.quantumcare.co.uk and look in the "Family section" for more detail about looking after your valuables in a care home.

4. The Care at Fosse House

Before you arrive at Fosse House we will need to understand your care needs. A care plan can be printed from our website and you can start completing it before you arrive. This will help the staff to provide the right care at the very start of your stay. If you do not wish to fill in a care plan yourself our staff will talk to you and write one when you arrive. For people living with dementia it is vital that families provide a lot of detail about a guest's background and interests as this is vital to them settling down in the home. A 'Family History Form' is available for you to complete. This will help you to provide the information we need. Both documents are available at Fosse House or can be downloaded from the 'Family Pages' of our website at www.quantumcare.co.uk

There are four day and four night Care Team Managers who are responsible for the day to day running of the units at Fosse House. You will be allocated a key worker when you arrive. This worker will keep your Care Plan up to date and keep up with any changes required. Your key worker is responsible for helping you settle in and making sure Fosse House offers the agreed care.

There are staff available 24 hours a day.

**The day shift operates between 7.30am – 9.30pm.
The night shift is between 9.30pm and 7.30am.**

You may go to bed and get up when you wish



5. Care Reviews

A care review meeting will be held each year. (You may ask to have a review more often if you wish). We try to review in partnership with Health and Community Services and any other professional services if you are happy to do that. This means we can have one meeting and decide the best way to offer support. We discuss your needs, review how well we have done so far and decide on any future goals. We will all agree how we can help with your wishes. Sometimes we may ask other agencies to offer support.

After the review meeting we will update your care plan.

Each 6 months / year risk assessments are reviewed, or more often if necessary. These will also be discussed if any changes are made.

6. Medical Care Arrangements

If when you move to Fosse House your GP is too far away to keep you on his/her books then you will need to register with a local GP. The staff at Fosse House can help you with this.

Our homes only provide residential care, and we therefore do not employ nurses. We do have access to District Nursing services if you need them. These services usually take a couple of days to arrange so we will need advance warning if you are due in for a long or short stay.

If you are coming to Fosse House for a short stay and your present doctor is willing to visit you while you are staying with us, then he or she will be most welcome. If this is not possible the manager will help you to find a temporary local doctor who is willing to take care of you for the duration of your stay.



7. Your Medication

When you come to stay you will need to bring all of your medication with you. If you normally manage your own medication you may continue to do so when you come to stay at Fosse House. You will be given a lockable area in your room for storage. The home staff will carry out a risk assessment to ensure the arrangements are safe for everyone.

If Quantum Care staff are to manage your medication it must all be properly labelled by your pharmacist. We do not accept any medication with “as directed by your doctor” or “take as required” printed on the label. The labels must have proper dosage instructions for our staff to follow, this applies to creams also. Please check all your medication in good time before you come to stay and have it adjusted by the doctor or pharmacist before you are admitted. If you bring medication with no proper labels we will not be able to give it to you. We can only give medication which is in containers labelled by a pharmacist with clear and concise instructions for administration. If you manage your medication by yourself, then please bring it as you like it.

Our administration times are:

- 8.00am
- 11.45am
- 4.45pm
- 8.45pm

If you need to take your medication at different times we will ensure that this is given to you.

8. Post arrangements

Post is received at Fosse House via the main office. Your mail will be separated and given to staff on duty to pass on to you.

If you want to post a letter stamps can be purchased from the administrator. The administrator will also post any letters for you if you wish.



9. Meal Times and Food Arrangements

We offer a choice of home cooked food for every mealtime. We also cater for special dietary requirements.

The times of meals at Fosse House are as follows:-

Breakfast between 8am – 10am

Lunch between 1pm – 2pm

Dinner between 5pm – 6pm

Supper will be offered as requested but usually around 7.30pm

NB Snacks and drinks are available all day and night as requested/required

Menus are set by head office and are compiled for nutritional value and variety. You may however request a favourite dish or even submit a favourite recipe to the kitchen if you wish. The Head Chef will be happy to chat to you about your preferences.

We do not usually provide alcoholic drinks but you are welcome to buy your usual tittle.

10. Hospital Escorts

We will try our hardest to arrange an escort if you need to attend hospital, but we cannot always guarantee that a staff member will be available to go with you. We will however, endeavour to contact your next of kin so that they may meet you there. We will always send full details with any resident that has to visit a hospital, and we will telephone the hospital to ensure they have all the information they need.

Please see our website www.quantumcare.co.uk and go to the “Family section” for further details about Hospital escorts.



11. Visitors and Going Out

You are welcome to entertain friends and relatives at any time. Visitors should let a member of staff know when they are visiting for safety reasons and sign the visitor's book on arrival and departure. You may either go to your room to be undisturbed or use the lounge or sitting areas. Arrangements can be made for your visitors to join you for a meal.

You can come and go as you wish but please let a member of staff know if you decide to go out so that they will not worry about where you are. If a guest is living with dementia and is unable to get around safely the care plan will reflect this and precautions are taken with door codes. Please ask your guests that when visiting the home not to allow residents to leave that may be in danger alone.

12. Pets

If you have a small pet like a bird or a fish which you can look after in your own room, and it is not likely to disturb other residents, then we will have no objections to them staying too. If you have a larger pet then please discuss this with the manager as it is unlikely it can be accommodated at Fosse House.

13. Newspapers and Periodicals

If you want a daily paper delivered to you the staff at Fosse House can order it from the local newsagent if you wish.

Our local Newsagent is:-

Londis
1, Watling View
St. Albans
Hertfordshire
AL1 2PD

Tel: 01727 853396

One or two working days notice is required by the Newsagent to get the arrangement in place. Just let a member of Fosse House staff know before you arrive. Fosse House collect the money for Londis and bills are raised each month. Please make cheques payable to 'Fosse House Amenity Fund'.



14. Leisure at Fosse House

At Fosse House we have a packed leisure timetable. We employ three activity workers for a total of 60 hours a week. See our notice board for a range of interesting things to do.

Our local Library is:-

St Albans Library

Central Library
The Maltings
St Albans
Hertfordshire
AL1 3JQ

Telephone

01438 737333 (Enquiries: Mon-Fri 08.00-20.00, Sat 09.00-16.00)
01438 737373 (Renewals: 03.00 - 23.45 every day)
01438 737599 (Minicom: Mon-Fri 08.00-20.00, Sat 09.00-16.00)

Opening Hours

Monday: 09.00-20.00
Tuesday: 09.00-20.00
Wednesday: 09.00-20.00
Thursday: 09.00-20.00
Friday: 10.00-20.00
Saturday: 09.00-16.00
Sunday: 13.00-17.00

Talking books and Braille text can be obtained from the library service or Fosse House can refer you through the sensory disability team for specialist leisure equipment.



15. Religious Worship

We have monthly Church of England services at Fosse House conducted by Rev'd Melanie Crowley

St Michaels Church (St Albans)

Contact: Rev'd Melanie Crowley
Parish Office, St Michaels Vicarage
St Albans, Hertfordshire
AL3 4SL
Phone: 01727 835037
Email: admin.stmichaels@btconnet.com
Website: www.stmichaels-parishchurch.org.uk

The United Reformed Church visits regularly and holds a carol service at Christmas time.

Chiswell Green United Reformed Church

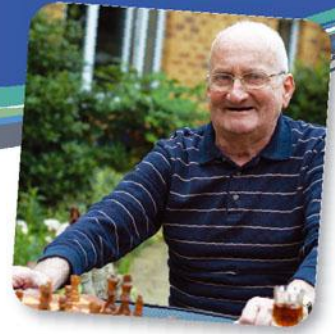
Contact: Helen Felton, Church Secretary
Watford Road, Chiswell Green
St Albans, Hertfordshire
AL2 3HG
Phone: 07858 102340 (answer phone)
or Mike Findley, Booking Secretary: 01727 854122

The local Catholic Priest calls in weekly and Holy Communion is offered.

St Bartholomews Roman Catholic Church (St Albans)

Contact: Father Tim Edgar
Presbytery
47 Vesta Avenue
St Albans, Hertfordshire
AL1 2PE
Phone: 01727 850066
Email: stalbanssouth@rcdow.org.uk
Website: www.saint-barts.info

Other denominations are represented locally; please ask staff for any further details you require. If you would like to continue attending your local church then it may be possible for one of your congregation to collect you. Any religious requirements will be accommodated for wherever possible including dietary requirements.



16. Smoking

Guests can smoke, but to comply with recent legislation we ask that you smoke only in the designated areas. Your visitors are not able to smoke in the building. If you are a smoker for safety we ask that you bring only natural fibre clothing, as these have more fire retardant properties than man made fibre.

17. Telephones

Every bedroom has a phone which accepts incoming calls and is provided free of charge. If you wish to make outgoing calls the home can enable this service and a charge of £15 per month is payable. You will be sent a monthly invoice. If you wish to make international calls a charge will be agreed to cover the cost on an individual basis. Please speak to the manager. Invoices are sent monthly. Cheques should be made payable to Quantum Care Limited. The bill can be paid by direct debit along with your residential fees if you prefer.

18. Laundry and Cleaning Service

Our housekeeping team will do your laundry for you if you wish. As we deal with such large amounts of washing however, it is very difficult to guarantee the safety of any items that require special attention. To ensure your clothes are returned to you it is best to label all of your clothes with embroidered name tapes. Sewing these name tapes into clothes can be very time consuming. There is an alternative called a Tag-it system. This is a push on button used to hold the nametape in place. These are an effective, cheap anchor and very quick and easy to use. See our website 'Family' section for details of how to order Tag-its. Order forms are also available in our home. For underwear and other close garments you may want to use the sewing method or an indelible pen. (Please be aware that the chemicals we use in our wash process fades indelible pen very quickly and consequently names will only be legible for a short time). Iron on name tapes can be used on close garments but are liable to become dislodged after a time.

We also suggest that you do not bring woollen clothing or articles that need dry cleaning as we do not have the facilities to deal with these. We have industrial size washing machines that deal with a large amount of laundry in a 24 hour period. It is important that you don't pack items that are "hand wash" or "dry clean only" as they will almost certainly get damaged.

Bedrooms are cleaned daily by the housekeeping team.



19. Hairdresser

Our hairdresser is: -

Beverly Huggett

(If customers require contact details they are available from Fosse House)

Beverly visits on a Thursday, see Appendix 2 for prices. The cost of the service is payable to Mrs Huggett.

NB The hairdressers are independent and not employed by Quantum Care. We do however check public liability insurance and suitability.

20. Optician/Hearing Loss

You may arrange to see your own optician but if you prefer not to travel a visiting Optician calls at Fosse House:

Amil Shah
Blink Eyecare
14 Batchworth Lane
Northwood
Middlesex
HA6 3AT

Tel: 0208 816 8549

Email: info@blinkeyecare.co.uk

Appointments can be made via Fosse House or directly with the Optician. The cost of this service is payable to the Optician.

The Optician can engrave glasses with your name for safety if you wish. It is a really good idea to get this done as glasses can easily be lost.

NB This service is independent and not a part of Quantum Care's service.



21. Dentist

You may arrange to see your own dentist but if you prefer Fosse House can make an appointment for you at one of the dentists they regularly use.

The dentist can engrave dentures with your name for safety if you wish. This is an excellent idea as dentures are vital and easily lost.

NB This service is independent and not a part of Quantum Care's service.

22. Foot Health Practitioner

Chiropody treatment may be available via your GP; you will be assessed for this service which is free of charge. If however you do not qualify and wish to have your feet professionally attended to there is a Foot Health Practitioner that visits on request. Her details are:-

Janet Rayner PGDip, BSc(Hons), RNN, MCSFHP, MAFHP
Tel: 01727 835754
Mob: 07549 185431

(Janet's full contact details are available at the home)

Appointments can be arranged by Fosse House, the cost of this service is £20.00 per treatment and payable to Janet Rayner.

NB This service is independent and not a part of Quantum Care's service.



23. Health and Safety and Fire Precautions

Notices explaining the fire procedure are displayed on the walls around the home. We test the fire alarms each week and a carer will explain what to do if there is a fire in the home.

We never ignore a fire alarm. We leave the property immediately using the fire exits and do not come back into the home until it is safe to do so. If a fire is discovered and an alarm has not sounded people can press the break glass fire point, which activates the fire alarm manually, then leave the building immediately.

Everyone's safety is important to us. All of the Quantum Care buildings have a regular health and safety visit to look for any possible problems. All problems are put right.

We have risk assessments for any possible risks in the building. Residents are asked where possible to help to risk assess their rooms and their activities. These risk assessments help us all to decide how to keep ourselves as safe as we can but still live our lives with some freedom. We do not want to stop people having a good time or being independent.

There are health and safety procedures available on request. Staff are happy to give help and advice in this area.

24. Maintenance

If you see any faults that need repair please tell a member of staff as soon as possible and it will be attended to promptly.

All contractors work in a safe way when on site. Tools and chemicals are kept safely. We try to maintain our buildings with the least disruption to residents as possible.



25. Having Your Say

Resident meetings are held every 3 months by the unit managers. We like to know your views so we can continue to improve our service to you.

Fosse House review their internal procedures and effectiveness throughout the year. Residents may be asked to help us do this so that we can keep improving.

26. Confidentiality

All personal files are stored safely in a locked area. Personal Records include things like your contract, benefit details, care notes, health information, care plans and information about your past.

We have procedures about how we keep your personal details safe and you can see these if you want.

Residents have the right to read and access their care plan and notes whenever they choose, excluding any information from a third party like a doctor. You may have a copy of any Quantum Care recordings or plans if you wish.

Staff will not divulge any information to other people without your permission.

In exceptional circumstances where the Health and Safety of a person is at risk, information normally considered as confidential will be passed on to appropriate agencies and professionals on a need to know basis. Our rules on this are available in an accessible format if you want to know more.



27. Complaints

“We welcome your views”

This procedure can be made available in other languages and formats on request. Please contact Quantum Care Limited at the address given below.

At Quantum Care we seek to provide a high standard of care in our services for older people.

Our customers' views are important to us and help us to ensure our services are consistently meeting peoples needs. If you are dissatisfied with any of our services we need to know.

Quantum Care assures you that service users and their families will not be victimised or have their services withdrawn/reduced for making a complaint in good faith.

If a complaint alerts us to possible abuse or neglect of service users we always forward details to Health and Community Services who then co-ordinate the investigation and monitor outcomes. Quantum Care co-operate with Health and Community Services in respect of complaints, investigation and resolution. Additionally, Quantum Care may invoke their Staff disciplinary procedures where a complaint indicates that our Staff may have been directly at fault.

If you wish to make a suggestion

Often people feel happier about making a suggestion for improvement rather than entering in to a more formal complaint. Anyone receiving services and their friends and family may make a suggestion at any time.

Who to contact

In the first instance you should speak to the Home Manager or Duty Manager at the Home providing the services. Often our homes have a Comment/Suggestion box that you can use if you wish. If the suggestion is something that Quantum Care as a company needs to consider you can send it in writing to:-

The Director of Operations,
Quantum Care Limited,
Freepost,
Welwyn Garden City,
Herts,
AL7 1BR
Email: S_Cheekoory@quantumcare.co.uk
Telephone No: 01707 393293
Direct Line: 01707 368236
Fax No: 01707 368228



What will happen?

This will depend on the nature of your comments, but any action required will be communicated to you if you provide your contact details.

If you wish to complain

We accept complaints from anyone receiving a service from Quantum Care. We will also accept complaints from a representative acting on a service user's behalf. If a service user needs the assistance of an advocate, Age UK provide a free and independent advocacy service. They can be contacted on their information line 0845 6013446 (local rate). We will endeavour to provide interpreters if required.

We have a two stage process for complaints:

Stage 1

Who to contact

You should first bring your concerns to the attention to the Manager of the Home or service that you are receiving. Complaints may be made by telephone, email, personal visit or letter.

If the complaint concerns the Home Manager, you should contact the Director of Operations at our Head Office. The contact details appear below.

What will happen?

The service will acknowledge your complaint in writing or in a format accessible to you. The letter will confirm the name of the person investigating your complaint, which would normally be the Home Manager. A report on the outcome will be given both verbally and in writing. Complaints to the Home will usually be dealt with in 10 working days. If you are not satisfied with the outcome of your complaint you can move on to stage 2.

Stage 2

Who to contact

The Director of Operations,
Quantum Care Limited,
Freepost,
Welwyn Garden City,
Herts,
AL7 1BR
Email: S_Cheekoory@quantumcare.co.uk
Telephone No: 01707 393293
Direct Line: 01707 368236
Fax No: 01707 368228

Complaints may be made by telephone, e mail, personal visit or letter.



What will happen?

The Director of Operations or one of the senior team will contact you if your communication is not in writing, to clarify a complaint. An investigation will then be carried out by one of the senior team at Head Office. The Director of Operations will write acknowledging your complaint and tell you who is investigating on his behalf. In most cases we will provide a written response within 20 working days. This will include an account of the investigation, clear findings and recommendations where necessary.

Further steps

If at any stage you are not happy you can refer your complaint to Health and Community Services. This should be addressed to:-

The Client Relations Manager
Health and Community Services
(SFAR209)
Farnham House
Six Hills Way
Stevenage
SG1 2FQ

Telephone: 0300 1234042

Complaint forms are available. A form can be posted to you or accessed via Hertfordshire County Council's website www.hertsdirect.org

You also have the right to take your complaint to The Local Government Ombudsman. They can be contacted at:

Phone: 0300 061 0614 or 0845 602 1983

Email: advice@lgo.org.uk

Post:

PO Box 4771, Coventry, CV4 0EH

Fax: 024 7682 0001

Internet: www.lgo.org.uk

Mobile: text "call back" to 0762 480 4299

NB. The Local Government Ombudsman cannot consider your complaint if it has not been dealt with by Quantum Care first. Also, they are not able to consider complaints where the complainant is instigating legal proceedings.



Even though The Care Quality Commission cannot investigate an individual complaint their role is to develop and improve services. You may inform them of your complaint for information purposes at any time. They can be contacted at:

Care Quality Commission
National Correspondence
Citygate, Gallowgate
Newcastle upon Tyne NE1 4PA

Telephone: 03000 616161
Fax: 03000 616171

“Quantum Care expects the highest standards of conduct from all its employees and will treat seriously any concern that a customer may have”.

Revised April 2012



Appendix One

Fosse House Fees and Charges

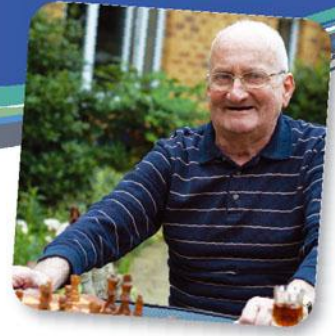
The current fees for the home were reviewed in April 2012 and will remain fixed at this price until and including March 2013.

High Needs £620.00 per week

Dementia Care £730.00 per week

Extension Rooms £795.00 per week

Please make cheques payable to 'Quantum Care Limited'



Appendix Two

Hairdresser Price List

Hairdressers for Senior Citizens, Specialising in Hairdressing for people with Dementia

Senior Citizens (Ladies)

Shampoo & Set	£8.00
Shampoo, Cut & Set	£12.50
Permanent Wave (Including Cut & Finish)	£26.50
Semi or Permanent Colour (Including Cut & Finish)	Price upon request

Senior Citizens (Gents)

Cut Only	£6.00
Wash & Cut	£8.00
Beard trim	£2.00



Appendix Three

Below is an example of an Activities Programme for this Home:

What's On at Fosse House . . .

Day	Activities
Mon	AM: All units Ladies and Gents mini manicures with hand massages PM: Sing-a-long in Nightingale, all welcome to join. Come and listen to old time songs on the Gramophone.
Tues	AM: Shopping orders taken, then trips to the local Waitrose. In the Sun Lounge join our Flower Arranging Club PM: Gentlemen's club in the Sun Lounge
Wed	AM: One to ones with our Vicar Melanie from St Michaels. Trip to St Albans Market. Or trips to Sava Centre Marks & Spencer PM: Afternoon tea in the Sun Lounge
Thurs	AM: Knitting / Sewing Circle in the Sun Lounge. Quizzes and Memory Joggers on units. PM: Afternoon outings to local nurseries, Vesta Lodge Coffee Shop.
Fri	AM: Hair and Beauty on all units PM: Bingo in the Sun Lounge
Sat	AM: Reminiscence Box on all units or One or One PM: One to One room tidy, Walks out to Waitrose
Sun	AM: Monthly Church Service in the Sun Lounge 11.30. Come to Fosse House Odeon and enjoy a movie and popcorn. PM: Coffee, Classical Music & catch up with the Sunday papers

Find out what's going on in all of our Homes, visit our Website:

www.quantumcare.co.uk/news.asp