

# *Southside*

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Nursing Home



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## **Our Aims and Philosophy of Care**

We aim to provide the highest quality of care, so that each resident achieves the best possible quality of life.

We provide a secure and caring environment which supports all aspects of our residents' lives, while leaving them free to make their own choices about activities and life style so far as possible.

We promote a relaxed, friendly atmosphere, in a lovely old house, which is home to each of our residents, whose families and friends are welcome to visit whenever they wish.

Our aim is to ensure each resident feels safe, loved and happy, and finds fulfillment and satisfaction in daily life.

Our care always respects the rights to dignity, privacy, choice, safety, individuality and confidentiality of our residents and their families.

We achieve our aims through the hard work and dedication of our well qualified, highly trained staff, and we view their continuing professional development as crucial in continuing to provide the highest quality of service.

### **Realising Potential and Making the Most of Life**

In accordance with the National Care Standards (2007), we strive to ensure that our residents feel safe and secure while living at Southside. We foster residents' rights to choose the risks they wish to take as long as a sensible balance is maintained between individual needs and preferences and the safety of other residents and staff. Individual Care Plans are developed in agreement with residents and their families to ensure that all potential risks are discussed and expectations between all those involved are realistic.

## Our Care Team

### Photo of care team

#### Staff Nurses



At Southside Nursing Home there is always a qualified nurse on duty, who takes overall responsibility for all residents' health and well being.

Care plans, supervised by the nurses, are central to residents' individualized care, and these are developed and reviewed through close interaction with family members. Continuously updated

#### Senior Care Assistants and Care Assistants

The role of care assistants is to assist our residents with all aspects of their personal, social, emotional and spiritual care, without compromising their independence. They also assist with any tasks residents may no longer be able to do for themselves, e.g. shopping, writing letters or cards, sorting through clothes or pursuing a hobby.

Senior carers are responsible for the day to day management of residents' care.



## Allied Health Professionals

Our physiotherapist works closely with the care team assessing residents' mobility and helping to improve core stability. She develops individual and group sessions for residents to help each individual to maintain good posture and balance and to remain independently mobile for as long as possible.

Domiciliary opticians who specialize in working with clients with dementia visit the home on a regular basis.

NHS domiciliary Dental and Podiatry services are provided as required.

## General Practitioners

Residents may either retain their own local family doctor or may choose from a list of local doctors. Options may be discussed with families and or representatives before making a choice.

## **Additional Facilities**

The facilities below are included in the price for care and accommodation

- Care call system in every room, including activated care-call mats for use at night
- 24 hour in-house laundry services
- Tailored menus and locally sourced food cooked on the premises
- Television points in all rooms
- Complimentary therapies
- Daily activities
- Some outings and trips

### **Extras**

Some additional services are available, for example, daily newspaper delivery and hairdressing. Residents may also request the option of having a private phone line installed. The Manager will give you the details and costs of these extra services, which are also explained in the Introductory Pack.



## About Us



Southside Nursing Home is a privately owned care home which has accommodation for 33 residents.

The Home is situated within a pleasant residential area of Inverness, within walking distance of the city centre, the river and local parks. There are many services and amenities nearby, including shops, a post office, chemist and places of worship.

Single rooms with en-suite facilities are available. Although all rooms are fully furnished, cherished personal items, including small items of furniture, are most welcome. An easily operated stair lift and a passenger platform lift gives access to the first floor bedrooms.

Our two spacious lounges each have quiet reading areas overlooking the mature gardens. Residents enjoy the beautiful, secure gardens, with mature old trees, a variety of fruit trees and raised beds.

## **Activities**

Our activities coordinators consult with residents and their families to develop an activity plan, with a view to maintaining independence, and promoting residents' individual lifestyles and interests.

We have a wide variety of local musical entertainers, from brass bands to harpists to guitarists to singers. Some residents enjoy the weekly chair exercises, in conjunction with the physiotherapist. Activities coordinators assist residents with a wide variety of arts and crafts, chair games and quizzes. They have an extensive supply of old films too.

Outings are planned on group and individual basis, and relatives are welcome if they wish to participate. Trips have included the Inverness museum, Culloden Battlefield, Eden Court, and the Seagull Cruise on the Caledonian Canal. Some of our residents have attended football matches at Caledonian Thistle Stadium and some regularly attend musical afternoons in various venues in the city.



## Good Food



Our three chefs take delight in sourcing and cooking with local, seasonal food. There are wide choices for every meal, and the menus change with the seasons. We make every effort to offer a selection of food which is nutritionally balanced. We assess each resident's unique dietary requirements and these are carefully monitored in accordance with the SCRC Eating Well in Care Homes for Older People.

Tea, coffee, soft drinks and snacks are available any time of the day or night.

## **Pets as Therapy (PAT) Dogs**

Bracken and Holly are popular visitors at Southside and the residents enjoy their visits.



Bracken

Holly

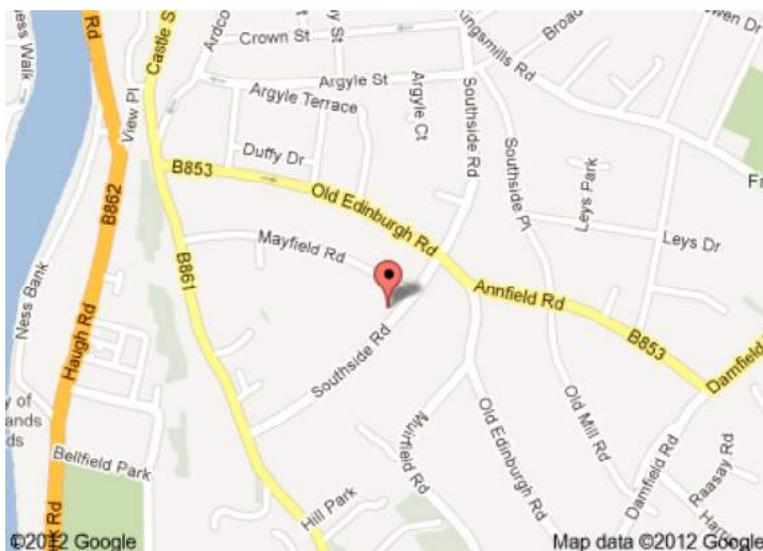
## **Southside Participation Strategy**

Our Participation Strategy reflects our commitment to involve those who use the service and work within the service. It sets out the underlying principles and processes for ensuring the commitment is fulfilled.

The aim of the strategy is to give direction to all staff in co-ordinating participation and involvement of those who access our service. The service we provide is as individual as the people who access them. Staff will respond appropriately to involve families and clients and through participation, we will ensure that their views shape and develop our services. Furthermore, through the strategy, we aim to give residents and their families more influence and power to improve their lives through participation.

We hold our Participation meetings twice yearly and invite participation from all residents, their families and friends and all staff. Throughout the year, evidence is gathered through a variety of forums, including the Residents Committee and staff meetings. Questionnaires are used to provide valuable feedback from residents, relatives and staff and these help to shape and influence our future service delivery.

## Where to Find Us



We are happy to provide you with an Introductory Pack on request, which includes details of fees and any additional service charges for the current year.

We look forward to hearing from you.

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