

# WELCOME TO HIGH VIEW

## **GENERAL INFORMATION**

High View is situated on the first floor of what was originally the Merevale Estate Colliery Manager's house. It was purchased in 1988 and converted for use as a Nursing Home opening in June 1989. The property is owned by Bentley House Limited, and the director is a General Practitioner based in Coventry.

The original country house has been converted into lounge areas and offices on the ground floor, and above that is our day unit High View.

The old stables were converted onto a kitchen and dining room for the Nursing Home. When the stables were gutted, an old plaster cast dating back to the 1920's was found in the loft. It bore the name of the colliery manager Major Mitcheson, so we can assume he broke his leg at some stage and kept the cast as a souvenir.

High View is set in four acres of the beautiful countryside on the borders of Warwickshire and Leicestershire, commanding spectacular views from its elevated position.

The historic town of Atherstone lies just two miles away, the town is served by good road links and bus and rail service.

We provide a full programme of activities including visiting musicians, theatre groups, exercise classes, bingo, dominoes, various board games, quizzes, television and radio.

We also have a visiting Hairdresser and Aroma therapist who come to us every week.

Our objectives are to provide a high standard of care, in a safe secure and homely environment.

High View provides highly specialised, supportive care for people and their families experiencing dementia, related challenges with memory, depression, anxiety and other mental health issues. High View provides specialised day care, in a beautiful rural location.

- Providing a comfortable and safe

Environment. -Creating a home-like "feel"

- Providing specialized day care

- Encouraging independence

- Supporting life-skills & Individuality.

-Promoting self-esteem

- Enabling freedom of choice.

### **'Just like home'**

Key pad coded door access

a large, comfortably and homely furnished lounges with television and video

craft room

separate dining room

private and secure patio area

adapted and private toilet and

bathroom facilities.

We aim to make High View look as much like home as possible. Adaptive features help our clients to remain as independent as they can for as long as possible.

These features act as cues for the person with dementia to guide and support them as they move around the unit and garden.

Features such as memory boxes, adaptive crockery, enclosed sensory gardens and low risk walkways allow clients the freedom to stroll at their leisure.

The homely non-clinical environment of High View is an ideal place for clients with functional disorders to fulfil their full potential, supported by caring empathic staff.

A carefully balanced menu further supports our clients' well being, by ensuring they receive the right levels of nutrition and hydration. All appetising meals are prepared by dedicated chefs.

### **SAMPLE ACTIVITIES PROGRAMME**

### **'Independence and personhood'**

Supporting and celebrating each client's individuality is the fundamental cornerstone of the High View philosophy.

The skill of the caring team is to recognise and enable each client to continue to do things they enjoy for as long as they can continue to do so. Our programme is based on the theories of 'personhood' and all of our care plans are tailored around the needs and capabilities. These are adjusted to support diminishing skills over time.

### **'Activity in Mind' Programme**

There is pleasure in activity. We have lively and involving activity programmes organised by skilled Activity co-ordinators and the care teams. Activities such as Gentle exercise, gardening, baking, outings, pet care and life skills are incorporated into every day to stimulate interest and independence.

## **MONDAY**

10.00 am - Morning Coffee  
10.30 am - Painting and Craft  
2.30 pm - Quiz and Games Afternoon  
3.00 pm - Afternoon Tea and Cakes

## **TUESDAY**

10.00 am - Morning Coffee  
10.30 am - Gardening and Pet morning/Reminiscence  
Session  
2.30 pm - Entertainment 3.00 pm -  
Afternoon Tea and Cakes

## **WEDNESDAY**

9.00 am - Morning Coffee  
10.00 am - What the papers say and Arts (hi the Craft Room)  
2.30 pm - Exercise and Movement  
3.00 pm - Afternoon Tea and Cakes

## **THURSDAY**

10.00 am - Morning Coffee  
10.30 am - What the papers say  
2.30 pm - Arts and Crafts - varied themes each week  
3.00pm - Afternoon Tea and Cakes

## **FRIDAY**

9.00 am - Morning Coffee 10.00 am  
- Reminiscence Session 1 T.OO am -  
Baking Session 2.30 pm - Glee Club  
3.00 pm - Afternoon Tea and Cakes

**PLEASE REMEMBER - ENTERTAINMENT AND  
ACTIVITIES MAY CHANGE TO MEET THE NEEDS OF**

Specialist activities for the memory-impaired are also provided. Reminiscence therapy can reduce frustration about short term memory loss. Complimentary therapies and other sensory experiences are also used to great effect.

Hairdressing, Chiropody and Holistic Therapist offering Aromatherapy, Reflexology and Indian Head Massage will also be available to all our clients, for an additional charge.

### **"Caring for the whole family"**

Each High View client is supported by a dedicated and professional team and, of course, by his or her relatives wherever possible.

Our great care team receive training through our dementia care training programme and have regular updates and refresher modules.

We also know that we can only provide great care and service by building a trusting relationship with our clients families and friends, so active partnerships form the basis of our care plans.

**At High View,  
There is much to be  
gained from the  
remembrance of  
things past**