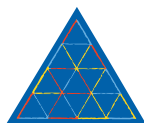


Care & Support Services

support and care
for older people



CAIRN
HOUSING ASSOCIATION

We offer good quality housing support services and Care Homes throughout Edinburgh.

These services are suitable for people over 60 who have housing support and/or personal care needs.

Our Care Homes

Cherryholme House
26 Colinton Road
Edinburgh EH10 5EQ
Tel: 0131 447 6813

Jubilee House
48 Polwarth Terrace
Edinburgh EH11 1NJ
Tel: 0131 346 4532

Our Very Sheltered Houses

Laverockbank Terrace

Columba Road

Church Hill

Braid Avenue

Grange Loan

Our philosophy

Cairn HA's services are based on the following key principles and values.

Respect and understanding - Cairn HA is committed to respect and understanding.

Integrity and inclusiveness - Cairn HA is open, honest, trustworthy and inclusive in all its dealings.

Continuous improvement - Cairn HA will strive to continuously improve quality in all that it does.

Innovation - Cairn HA will try new and better ways to deliver its services.

Equal opportunities and development - Cairn HA will strive to remove discrimination of any kind from its activities and will embrace diversity. Our Care Homes and support services aim to provide a caring and supportive service to older people which embrace the Principles identified in the National Care Standards.

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

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

Choice - To be able to make informed choices, while recognising the rights of others, and to know what your choices are.

Safety - To feel safe in all aspects of life, but not be overprotected. To be free from exploitation and abuse.

Realising potential - To achieve all that you can and make the most of life.

Equality and diversity - To live an independent life, to be valued, treated equally and able to raise your concerns without fear.

Our Care Homes

Accommodation

Our Care Homes provide individual private rooms - 19 in Cherryholme House, 20 in Jubilee House - in a warm, friendly and highly supportive environment. Each room is provided with carpet, curtains, bed and a small lockable wall cabinet for valuables. This means that you may bring your own favourite furniture, pictures and valued belongings to ensure your new home is as comfortable and familiar to you as your old one. A call system is provided, both cord and pendant, and a telephone point is installed so you may arrange your own private line connection.

Communal areas

Both Homes have lovely sitting rooms on the first floor, and a dining room on the ground floor. You are free to use these areas as you wish. The homes are set in well maintained and accessible gardens.

Key Workers

Each resident is assigned a Key Worker - someone who will have special contact with you and helps you draw up a plan of how you wish to be supported and cared for.

Meals

We will cater for your preferences with our traditional home cooking and we will try to offer you choice in what you eat, when you eat and where you eat.

Activities and social events

An Activity Worker is employed by both of the homes who runs regular activities which can be adapted to take account of residents' interests and hobbies.

Short breaks/respice

Rooms are available at Jubilee House for Short Stays. We aim to make this a positive experience for you and your carer and will try to tailor the care that you receive in the home to that you are used to receiving.

Bookings for our respice service should be made through your Social Worker who will assist you with all aspects of accessing the service and advise you on cost and funding options. You can contact the home directly, or our Care & Support Team, for more information about this service.

Our Very Sheltered Houses

Supported living

Cairn HA also provide a Housing Support Service in our Very Sheltered accommodation. These houses, are smaller than our Care Homes, with between 6-12 residents in each house.

Staff here are available to provide social and emotional support, provide meals and cleaning services and maintain a safe and homely living environment.

They can help in the event of an emergency and help you to access other services such as if you require a carer to assist you with any personal care.

This service aims to allow older people to live in a supported but independent environment within community settings.

Our monthly charge includes food, cleaning, building maintenance and all bills (please see insert detailing all costs).

If you would like to find out more about our Very Sheltered accommodation please contact our office at London Street (details on back page).

Quality

Our Care Homes and Very Sheltered Houses are inspected by The Care Commission.

The Care Homes are inspected twice annually, one announced and one unannounced, against the National Care Standards – Care Homes for Older people.

The Very Sheltered Houses are inspected against the National Care Standards – housing support services.

All our services have achieved high standards which are reflected in our reports. The most recent inspection report for each service is available from the individual home or copies can be requested from our London Street office.

Our highly trained staff

Cairn HA staff are trained and coached to provide a top quality service and are led by qualified experienced Managers. All care staff undertake vocational qualifications at an appropriate level. There is a formal supervision and appraisal system to assist us to monitor performance, identify development needs and support staff in the excellent caring work they do.

First meetings

If you are interested in our homes and care services you can contact the homes directly or contact our Housing Officer at our London Street office.

You are free to visit the homes where you can meet the home managers, staff and other residents. The Manager can answer any questions you may have and will provide you with more detailed information about life in the homes and our Policies and Procedures.

You can bring a family member, friend or another representative with you to help you to decide and can arrange to stay for a meal, or for coffee.

If you are interested in our Care Homes or Very Sheltered services, we will arrange for an assessment visit to be carried out. This will allow us to make sure the services can meet your needs.

We welcome people dropping in but it makes it easier for staff to give you the time you need if you telephone beforehand.

Further advice

For more information, please contact our Care & Support Team at the address below:

www.cairnha.com

Email: enquiries@cairnha.com

**43 London Street
Edinburgh
EH3 6LX**

Tel: 0131 556 4511



HAPPY TO TRANSLATE



The information contained in this leaflet can also be made available, on request, in other languages or formats such as Braille or large print.

Cairn HA is a registered Scottish Charity Number SC016647
SHR Number HEP218