

Gower Gardens

Your hearts and minds guide
to choosing a new home



Choosing a residential care home can be difficult and, often, there are many factors that will influence your decision.

You may be thinking: Is it the right time? How much space do I really need? Will a residential care home meet my standards of cleanliness? How will I fill my time?

Wherever or whichever care home you're considering for you or your loved one, here are the answers to a few of the key questions you may have.

Ensuring you're doing the right thing

When is the right time for me to move?

You should only move into a residential care home when you feel ready and when it becomes necessary to support your healthcare needs, to improve your wellbeing and maintain your independence.

It's important to take your time with the decision and to not feel pressured. You need to do what's best for you.

Take care and time when selecting the right home for you.

How will I know I've made the right decision?

You will know you've made the right decision when you no longer feel lonely, isolated or unsafe. Your level of confidence will improve knowing you have someone close at hand to support you at any time of day or night.

Making the room my own

Can I bring my favourite chair and china cabinet?

Gower Gardens offers part-furnished rooms, meaning you can bring items of furniture if you wish.

Can I bring my pet with me?

For pets which are easier to take care of, such as fish or budgies, you are likely to be able to bring them with you when you make your new home at Gower Gardens, providing you are still able to care for them yourself.

You may also be able to bring along your cat, subject to a risk assessment upon application. However, you won't be able to bring your dog with you.

How often will my room be decorated?

Rooms are decorated as soon as a resident moves out, in preparation for the next resident. Residents are able to choose which colour they would like their room decorated before moving in. (NB: if you would like your room to be decorated with wallpaper, this will incur an additional cost).

Can I bring my own bedding and curtains?

All bedding and curtains are subject to a fire risk assessment and must be fire retardant. You are able to bring your own bedding and curtains for your room, providing they meet a specific fire standard.

Do I have a choice of rooms?

Yes, you will be able to choose the room you would like upon application, subject to availability.

Cleaning and maintenance

How often will my room be cleaned?

At Gower Gardens, each of our residents' rooms are cleaned on a daily basis by our dedicated cleaning team.

Can I do my own cleaning?

If you wish to dust the items in your china cabinet, the team at Gower Gardens will be happy to provide you with a duster and polish to do so.

Activities and entertainment

What activities are available?

Gower Gardens has an activity programme with something to suit everyone. You can enjoy games, movie nights, hairdressing and much more.

Is there WiFi and cable TV?

You can get online and enjoy all your favourite television programmes at Gower Gardens. You will even have access to cable TV in your bedroom.

Can I still visit clubs I attend outside of Gower Gardens?

If you attend any community club or activity, you are still able to do this. Our team will arrange a taxi to take you to and from your activities if needed.

Food

Do you have a food menu I could see?

Gower Gardens enjoys seasonal menus, each designed by our on-site head chef, based on feedback from every resident.

On celebration days or annual holidays, residents enjoy themed menus, including a Halloween menu, a Christmas menu, an Easter menu and saints day menus.

What if I don't like what's on the menu?

If you would prefer something different to eat, you can let one of our team know. Our kitchen team will do their best to prepare this meal for you.

Can I order a takeaway if I would like to?

You are more than welcome to order a takeaway any time you would like to.

Looking after your own finances

Can I look after my own money?

A resident living in the home will remain in control of their own financial affairs unless alternative arrangements have been made with their family. On a daily basis we would expect a resident to retain small amounts of cash, with the facility to store additional cash in the home's safe.

Visitors

Can my family visit at any time?

Normally your family are able to visit at any time. (NB: during COVID-19, family visits are limited and should be booked in advance. National guidelines will be followed regarding visiting arrangements in care homes so during these uncertain times visiting arrangements might change).

Healthcare

How often does a GP visit?

A GP can visit Gower Gardens for appointments whenever necessary.

Can I keep my own GP?

You are able to stay with your GP, providing they are within the catchment area of Gower Gardens. Some local GP practices – such as Meadowbrook in Hasbury – are happy to visit residents for appointments if needed.

Can I administer my own medication?

If you are physically able, you can administer your own medication. You can also request assistance from one of our team if needed.

Arriving at Gower Gardens

What will my first 24 hours be like?

When you arrive at Gower Gardens, you'll find a welcome pack with all the important information you need to know about living here. You'll be introduced to the other residents and an activity coordinator will chat with you to understand the kind of activities you want to get involved in.

The team at Gower Gardens will already have completed a pre-admission assessment with you. This will tell us how best we can support you physically, emotionally, clinically and socially in all areas of your day to day life. Our team will meet with you upon arrival and start building your unique plan of care to ensure your needs are met in the way you want or expect them to be met.

Our chef will chat with you too, to see what kind of food you would enjoy and our laundry team will be in touch to see if you have any specific requirements.

Fundamentally, your first 24 hours will be all about us getting to know you better and making sure you receive the best care for you.

Busting the myths surrounding residential care

Myth: going into residential care is like waiting for God.

Truth: residential care can offer you a new chapter in life, reigniting your independence and restoring your individuality. You are still able to learn new skills, make new friends, keep in contact with the community and live a happy and healthy life.

Myth: you will be moved closer to the door in the residential care home before you die.

Truth: you will be able to stay in the room you selected for the entirety of your time with us, no matter your health situation.

Myth: you may as well throw away your shoes and coat when you move into residential care, as you will never leave.

Truth: you are still able to do the things you would normally do in your own home, such as visit family and friends, attend community clubs and visit the shops. There could be things that you used to like doing that you have not been able to do lately, but with a little support from us, you could regain those community links when living in a residential care home.

What is the application process?

Once you have been in touch with a member of the Gower Gardens team, you will be able to come in and visit the home, along with your family. You can even enjoy a meal with us if you would like to. One of our team will be on hand to discuss finances if required.

If you want to progress your application, you'll then be able to visit again and decide which room you would like to live in. You will also have a pre-admission assessment, so we can understand your unique needs and tailor our care to you.

Once you have completed the relevant financial assessments and the pre-admission assessment, you will be able to choose your move-in date.

If you have any other questions, which we haven't covered above, or you'd simply like to chat about your situation, please get in touch with a member of the team by calling **0121 289 3965** or emailing **gowergardens@bchg.co.uk**



How to contact us:



T: 0121 289 3965



E: gowergardens@bchg.co.uk



W: www.bchg.co.uk



Gower Gardens Care Home

**31 Kent Road,
Halesowen
B62 8PQ**