



# Living at Kathleen Rutland Home



**Discover our residential homes**

**[www.vistablind.org.uk](http://www.vistablind.org.uk)**

## Our home

**Kathleen Rutland Home provides high quality residential care to older people with a sensory impairment and people with dementia.**

Situated in the heart of Leicester Forest East with convenient transport links to the city centre, Kathleen Rutland Home is set back from the main road in beautiful surroundings.

With a warm and welcoming lounge and garden providing a calm environment to sit and relax in, and comfortable en-suite bedrooms, there is always somewhere our residents can enjoy spending time.

Our dedicated, highly-trained team are committed to providing the highest standards of care in a safe, comfortable, 'home from home' environment. We are passionate about the care we provide and committed to improving the lives of our residents with sight loss or dementia and their families.



### Meet Daisy...

**"I like Kathleen Rutland Home because of the nice people there."**





## Making the right choice

**We know that choosing the right care home is an important decision.**

Our management team are experienced in helping families to make these decisions and understand their rights and choices.

We will meet with you and others responsible for your care, such as Adult Social Care Services, your carer or relatives, to fully assess your needs and requirements to make sure that we can meet them.

We can also talk through any questions you may have about life at Kathleen Rutland.

## A great place to live

Our en-suite bedrooms provide a pleasant, comfortable and safe space for you to relax in. We encourage residents to bring pictures, personal items or small items of furniture to make their room feel more like home.

Our home and grounds have been designed with visual impairment and dementia in mind, with colour coded areas and specially designed handrails to help our residents navigate their way around.

We have a dedicated, multifunctional dementia lounge that offers a calm and welcoming environment, meeting the needs of older people with sight loss and dementia. The lounge includes a range of furnishings and decorations designed to generate nostalgia, helping people with dementia to feel more comfortable and familiar with their surroundings.

Additionally, the home has a separate sensory garden, designed to stimulate the senses and trigger memories. The garden includes sensory plants and a variety of mock shops, as well as a quiet seating area to offer a place of tranquillity.

## Diet and nutrition

Our friendly kitchen team provide nutritious meals, catering to specific dietary requirements and ethnic tastes. We know how important a good diet is to the well-being of our residents. Dinner is served in our newly refurbished lounge and dining area and we have a fully licensed bar.

## Get pampered

For those who enjoy a bit of pampering every so often, there's a lovely salon where visiting hairdressers can work their magic, whilst you sit back and relax. There is also a therapy room where our residents can enjoy getting their nails done.





## Faith communities and cultural needs

Our staff will ensure that your cultural and spiritual needs and wishes are met. The home has an interdenominational chapel in which services of worship are held. Ministers of religion pay regular visits to the home, and local ministers or visitors from your place of worship are most welcome.

**We offer a wide range of activities, from outings, to arts and crafts, cookery and in-house entertainment. We hold regular sessions each week, all run by our friendly team at the home.**

## A welcoming environment

We welcome visits from family and friends. Our home is your home too, so whether it's to take part in an activity or join a meal, we encourage families to become a part of our community. There are many opportunities for families to come along to fetes, events, coffee mornings and more.



## Specialist provision for people with sight loss

**Vista is the leading local charity providing specialist support and services to people with sight loss in Leicester, Leicestershire and Rutland.**

Our dedicated care team have all undertaken specialist training in the areas of visual impairment and mobility, and are able to respond appropriately to individual needs. We are able to support all eye conditions, including diabetic retinopathy, macular degeneration, cataracts and the use of eye drops.

We have an enthusiastic team of volunteers who run regular reading groups to keep you up to date with the latest news. A range of daily living aids can be ordered from our shop catalogues.

Vista's qualified rehabilitation officers specialise in working with people who are blind and partially sighted and work alongside our care team to provide further support and guidance.





## A personal support plan

**In order to plan the best support possible, we ask all residents to participate in a full assessment, identifying all health and social care needs.**

Together, we can agree an individual support plan based on lifestyle and care needs; this provides our staff with a detailed plan to follow. We encourage residents to maintain independence and freedom whilst providing round the clock support and peace of mind to improve their quality of life.

Families or carers can have as much involvement in the support plan as they want to, we ask families to provide as much information as possible to ensure that we can make the transition as smooth as can be from home to home.

The plan will also have input from other health and care professionals as appropriate and will be reviewed and updated regularly to reflect the resident's needs.



### Meet Tony...

**"I like the variety of activities for residents at the Kathleen Rutland Home, especially the quizzes!"**

**If you require the information in this brochure in an alternative format (e.g. large print, audio or Braille) or in an alternative language, please contact Vista on 0116 249 8839.**

**Get in touch with us**

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