



St. Cecilia Care

Dorset Ltd



Autumn Newsletter, 2017

Activities at St. Cecilia

Therapists' visits to a dementia care home must be included as an integral part of individual care, and, because of the very personal nature of their work, as part of our activities programme. Uniquely, for this reason, we do not charge extra for hairdressing, chiropody and motivational therapy.

Finding the right balance is the key to a successful activities programme in a dementia care setting. Too much stimulation can disrupt the even atmosphere we try so hard to maintain at St. Cecilia. Group activities, such as bingo and quizzes, may create frustration and an unhappy mood in some residents. We assess each person using the Pool Activity Level (PAL) to find the correct level and type of activity suitable for them.

All our carers are involved in our activities programme, 24 hours a day. They aim to provide gentle stimulation through the PAL programme and personal care.

To add to this, we are fortunate to have weekly sessions with Simon Turner, of 'Brighter Days'. Simon reinforces and augments our in-house activities programme, providing one-to-one motivational therapy and small group work using music, quizzes, games, conversation, dancing...



Caring Canines visit us every week for dog-therapy. Currently, Michelle brings her lovely cockapoo, Rizzo, much loved by all our residents.



Note the nice new floor—perfect for skittles or dancing!

Hairdressing We have recently welcomed Karen, our new hairdresser, who is very experienced in dementia care. She has a lovely bubbly personality and her hairdressing combines conversation and a caring touch.

Our Chiropodist, Sue, Gardner, has been with us for over 20 years! She visits every 6 weeks to make sure that everyone's feet are in good shape. Sue has a wonderfully gentle touch and amazing patience. Chiropody day is never dull!



Welcome

We welcome Hamza, Alex and Laura to the St. Cecilia team. They are all experienced and skilled carers, who have already made their mark at St. Cecilia.



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