



Fourways
Residential Home

*Sidmouth
Devon*

Environment

Fourways is a delightful and picturesque detached house located in the premier and wealthy regency seaside town of Sidmouth, 14 miles from the Cathedral City of Exeter. Fourways is set in its own beautiful tree-lined grounds, a short walking distance from the famous town centre and esplanade.





Philosophy & Objectives

It is vital that the style of care offered reflects the needs of the clients, taking into account their wishes and, above all, their right to retain dignity and respect.

In order to achieve this at Fourways, we ensure that the Care Team members spend maximum time with residents as individuals as well as a group. This means not only offering assistance with personal care, but also with the layout and tidiness of their

rooms. For this to succeed we appoint staff of the highest quality and who are of a confident and friendly nature. All this is enhanced at Fourways by it being a family-run establishment.

The entire running of the home and management of the Care Team is under the personal supervision of Mrs R Evans – a qualified nurse – and her daughter, Mrs R Evans-White.

Residents

Fourways Residential Home is currently registered with The Commission for Social Care Inspection to accommodate the following:

- ✿ Ladies of a pensionable age
- ✿ Gentlemen of a pensionable age
- ✿ Elderly, physically handicapped ladies of a pensionable age
- ✿ Elderly, physically handicapped gentlemen of a pensionable age.

Both short and long-stay care is available and integration is looked upon as an opportunity for short-stay residents to feel part of the care practices, as well as stimulation and motivation for long-stay residents.

Medical conditions catered for:

- ✿ Fit and active
- ✿ Wheelchair users
- ✿ Walking frame users
- ✿ Blind
- ✿ Partially sighted
- ✿ Deaf and hearing difficulties
- ✿ Depression
- ✿ Heart and lung problems
- ✿ Amputees
- ✿ Catherterisation
- ✿ Arthritic conditions
- ✿ Bedridden
- ✿ Development of moderate dementure
- ✿ Memory problems
- ✿ Strokes
- ✿ Parkinsons

And most other disabilities.



Services

In order to achieve many of the points mentioned within our brochure, it is important that certain services and extra facilities are made available to Fourways residents. Residents may bring their own furniture if they so wish.

Services offered at Fourways include:

Day Care * Holiday Care * Physiotherapy
* Visiting clergy * Laundry and dry cleaning
* Complimentary therapies * Respite care
* 24 hour care * Occupational therapy
* Hairdressing * Special diets
* Visiting boutique * Terminal care *
Chiropody * Optician * Visiting dentist *
District nurses * Reablement team.



Activities

At Fourways, we aim to help residents realise their personal aspirations and abilities and, to help achieve this fulfilment, a voluntary activities programme includes:

Shopping trips to town * Local theatre trips * Monthly coach outings * Walks
* Knitting and sewing projects * Quiz afternoons * Craft afternoons * Games afternoons (board and card games) * House library * Visiting entertainers.

Staff are encouraged to participate in activities with residents as an important part of the care practices.

One of the primary objectives at Fourways is for people to feel as independent as possible. To provide this independence a range of options are available:

Television in all bedrooms * Communal dining room * Home library * Wheelchair access * Transport available * Choice of lounge areas * Call bell system throughout * Shower facilities * Bath aids * Hand rails * Ensuite facilities in all rooms * Large landscaped garden with plenty of seating * Private phones * Full central heating throughout * Walking aids * Nursing beds * Stair/Chairlift.

Use of communal rooms is encouraged in order to stimulate movement and communication.



Fourways Obligations to its Residents

To match resources – human, physical and financial – in order to provide a comfortable, secure, friendly and caring home in which residents can:

- ✿ Be encouraged to live as they desire
- ✿ Have visitors whenever they wish
- ✿ Play their part in the running of what, after all, is *their* home
- ✿ Be sure of receiving a well balanced and varied diet
- ✿ Receive, as necessary and at any time, care and assistance with washing, dressing, feeding and personal hygiene needs
- ✿ Be encouraged to pursue their religious beliefs
- ✿ Be encouraged to participate in recreational activities and hobbies
- ✿ Retain the doctor of their choice
- ✿ Be cared for by trained and highly qualified staff
- ✿ Receive medical and nursing care in private
- ✿ Feel free to complain, or discuss their care needs with the Care Team Managers or proprietors.

*Fourways
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