



Sainthill House Care Home

Sainthill House, Cowick Lane, Exeter, EX2 9JG



Welcome.



I would like to welcome you on behalf of the staff and residents of Sainthill House Care Home.

Kerrie Wayland
Registered Manager

The Care we provide at the home is of the highest standard and we hope you will enjoy your stay with us.

Sainthill House provides personal and residential care in 19 high quality bedrooms, all set within private grounds, close to the heart of the cathedral city of Exeter.

Our philosophy of care.



We seek to provide the highest standard of care to our residents in convivial surroundings. By using a holistic and therapeutic approach we involve residents and their families in the planning and delivery of care. Residents are actively encouraged to exercise choice and to enjoy life to its full potential, physically, emotionally and spiritually. Stimulating group and one to one activities are encouraged, according to individual needs,

abilities and aspirations.

Resident-centered care is at the heart of our philosophy.

We are committed to engage first rate and highly trained staff and use the latest and best equipment. We also pay careful attention to the general design and decoration of the Home as we seek to create a homely, elegant and comfortable environment for our residents.

The perfect surroundings



We are proud of our home, the surroundings and of the high standard of cuisine that can cater for a wide range of dietary requirements.

Visitors are always welcome at Langford Park and if residents wish to invite friends or relatives to join them for a meal, we simply ask for prior notice. A small charge is made for guests' meals. Refreshments are available throughout the day for both residents and guests. Our catering team do their best to use local seasonal produce and to provide a menu to suit all tastes and dietary needs.



Tranquil, elegant, refined



An individual care plan is agreed with a key carer or named nurse and regularly reviewed with the resident and their family, if appropriate. Residents are encouraged to live as independently as they wish and staff are on duty 24 hours a day to help in every possible way.



Medical care is undertaken by a local GP. Visits by the GP can be arranged or assistance offered to attend the local surgery. In addition to long-term care, we offer convalescent, palliative and respite care. If someone is living at home but being cared for by relatives or friends, we can arrange for them to come in for a short stay to give their carers a holiday.

Facilities and activities



We believe residents should retain as much of their independence and mobility as possible. This is important to staying fit and active is the stimulus of living with like minded people. In addition, residents can enjoy trips in our specially adapted minibus to places of interest and entertainment or simply to the local shops.

There is a continuous programme of events, including animal handlers, musicians and singers stimulating memories and creating smiles.

Residents, of course, are free to participate in the leisure activities that appeal to them most.

Further information



If you would like more information about Sainthill House or would like to arrange a visit, please call the General Manager on 01392 436042 or write to us at the address opposite.

Sainthill House is located on the edge of Exeter, easily accessible from the A30. Take the junction from the A30 signposted Exeter/Marsh Barton Drop down the A377 and stay on the left hand side. At the traffic lights turn left onto Cowick Lane and Sainthill is approx. 500yds ahead on your left hand side.

Sainthill House
Cowick Lane
Exeter
EX2 9JG
United Kingdom

Telephone: 01392 436042
Email: manager@sainthillhouse.co.uk
Website: <http://www.sainthillhouse.co.uk>

About Vision healthcare.

Vision is a family firm, with family values, providing safe and professional care, to a wide range of residents in our two homes.

Sainthill House is registered with the Care Quality Commission for 19, with 14 men and women aged under 85 and over 65 in the main house and five residents with learning disabilities in the separate cottage in the grounds.

Langford Park meets a variety of needs. These range from those residents who choose to live within our community, whilst remaining able to do most things themselves, to those requiring a high level of physical, emotional and psychological or nursing care. We are able to care for clients with complex needs, dementia, Alzheimer's and others.

Plus, we offer day care and respite facilities in both our homes.

At Vision we care about our residents and provide the highest standards of private healthcare. We view the person firmly in the middle of everything we do, with several care services available to meet a variety of specialist needs, from young adults with learning or physical disabilities to older people looking for residential or nursing care.

Vision only employs people of the highest standard. Only Carers that are highly motivated and willing to undergo continuous training will make the grade. Their skilled sensitive and understanding approach enable all our residents to achieve the highest quality of life and standards of care.

Our main aim at Vision, is always the safety and happiness of our residents. Whatever their needs, our staff endeavour to provide the care and comfort to make their stay with us as stress free as possible. We are firm believers that the most important thing, is for relatives and possible residents to see our homes and base their choice on more than just some glossy images. Therefore we invite you to visit us at a time convenient and one of the management team will let you see for yourself, what we offer. If you wish to visit, please ring or e mail and we will sort out a time to suit.

Yours

Ian Woolger (Visitor Liaison)