

CROSSREACH

Care you can put your faith in

SPECIALIST DEMENTIA CARE HOMES



Safe and happy at
Cameron House

A greater quality of life

Cameron House is a specialist care home catering for 30 older people with dementia.

Located in a leafy residential area just two miles from Inverness city centre, we provide the right support to allow you to continue to enjoy the moments that matter most.

At Cameron House we like to focus on all the things you can do, not the things you can't. We're here to do everything we can to help you retain and regain skills and interests, and make life as fulfilling as it can be.



What we can do for you

Our highly trained and caring staff are on hand 24 hours a day with smiles, conversation and all the support you need to make the most of life with a dementia diagnosis.

We'll discuss any individual care needs with you and your family before you arrive at Cameron House, but here's a glimpse of what we provide for everyone.

- We have our own well-equipped hairdressing room with a visiting hairdresser two days a week
- We have regular visits from our local GPs, district nurses, chiropodist and Vision Care
- The dentist also visits regularly and can carry out any procedures in the comfort of Cameron House

"We as a family would not want mum to be anywhere else and cannot thank the staff enough for all that they do. The staff at Cameron House has been nothing short of outstanding."

Relative

Our Activities Co-ordinator runs a varied programme, which can be tailored to suit the needs and abilities of each resident. We take into account the stimulation of sensory functions, which can be particularly inclusive and beneficial for people with dementia. Our activities include:

- Reminiscence groups
- Daily worship services
- Crafts
- Baking
- Discussion groups
- Films
- Trips out in the minibus
- Trips to Eden Court Theatre
- Trips on the Seagull Trust boat
- Walks in the grounds
- Massage
- Sensory garden
- Pet therapy

Our friends

Friends of Cameron House support fundraising for some events such as musical evenings, Burns & St. Andrew's social nights, sales of work and 'daffodil teas'. Our Activities Co-ordinator arranges a programme of social events for our residents such as knitting group, reading group, ceilidhs, physical activity programme, trips out for coffee and to places of local interest.

A slice of life in Cameron House

Outdoor space at its heart

Cameron House was built around a charming courtyard garden, which provides a safe and peaceful place for residents to stroll and socialise. We also have a large enclosed garden with a lovely conservatory to relax in.



Bedrooms

We have 30 single bedrooms within our home, all perfectly equipped with en-suite toilets and washing facilities. Our residents are welcome to bring their own furniture and possessions to help create that reassuring feeling of home.

Shared spaces

We have a range of comfy communal areas, with relaxing lounges, a light and airy dining room and many quiet spaces to pop your feet up.



Community involvement

We couldn't be happier to have the continued support of the local community, as well as a dedicated Friends Group and regular volunteers. Pupils from the nearby Gaelic school visit the home, spending time chatting and singing in Gaelic (for some this is their native tongue). Older pupils from Inverness Royal Academy come along to read short stories and poetry to residents in one of our quiet lounges.

A Personal Plan for everyone

It is our goal for you to have as much control of the decision-making in your day-to-day life as possible. We take great pride in providing our residents with the support, security and independence they need and deserve.

When you arrive at Cameron House, you'll be given your own Key Worker who will help to draw up a Personal Plan with you – and your friends and family are welcome to be involved. We have a pantry upstairs which can be used for visitors to make tea and coffee for themselves. It's all about getting to know you and how you want to spend your time, so we can cater for your interests, hobbies and support needs. We'll review this regularly with you, to ensure we continue to deliver the right balance of care.

Note for families

Families play a crucial role at Cameron House and enhancing the wellbeing of your loved one. We welcome your input into their Personal Plan, as well as your involvement in activities and initiatives that will improve the quality of life for all our residents.

You're welcome to visit at any time, just as if it were your relative's own home. Meeting and eating together and taking part in communal activities always brings great happiness to our home.

You may wish to remain involved with aspects of their personal care, for example helping them bathe and dress. You can also provide vital links to residents' backgrounds and history, helping us compile a life history book for the person with dementia.



High quality, caring staff

Our staff are chosen because they're warm, generous, caring people who love what they do. But they're also highly trained, to ensure you receive the highest standards of care and the right level of support.

All staff are registered with the SSSC (Scottish Social Services Council) and undertake regular training in areas such as moving and handling, dementia care and dementia mapping.

We encourage our staff to take qualifications above the minimum requirements to help them improve their skills, progress in their career and gain greater job satisfaction. We're proud to say that we are consistently graded 5 or 6 by the Care Inspectorate.

Want to know more?

If you have any questions, or you would like to arrange a visit, please get in touch.

Call us on **01463 243241**

Or email **cameronhouse@crossreach.org.uk**



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Fees and funding

Our fees are competitive within the care sector. For details about our fees and any funding support that may be available to you, please contact us and we'll be happy to tell you more.

Why choose CrossReach for your care?

At CrossReach we have been showing the practical side of our Christian faith for over 150 years. In this time we have built up a great deal of experience and expertise in all kinds of social care, including care of older people.

As a not for profit organisation, we are motivated to provide the best possible care out of compassion. We see every life as precious and always put the individual at the heart of our response.

We have always advocated acceptance, inclusion and diversity at CrossReach. Each and every one of our care homes are open to all and we're proud to support people from all faiths, cultures and backgrounds.

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The Church of Scotland
Social Care Council

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