



CLIFDEN
HOUSE

DEMENTIA CARE CENTRE

A CARE HOME
AND A COMMUNITY



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There is always a warm welcome at Clifden House Dementia Care Centre – a care home and a community.

We have been providing care for over 45 years, and for the last two decades we have specialised in dementia care.

“The highlight of Clifden is the quality of the staff – always a warm welcome and the sound of laughter in the lounge.”



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“Our overriding aim is to provide a safe, happy and fulfilling home for our residents. With our professional support we can offer a seamless continuation of living in the community.”

Niall Joyce Care Provider

Shopping, going to the pub, singing in a choir, fishing or playing bowls are all very much part of your life with us – an active and engaged life doesn’t stop with dementia.

We help our residents remain engaged socially, physically and psychologically with their family and the community around them. While many coping with dementia are not able to live independently in their own home, they can continue to enjoy life with us in our supported, specialised environment.

Come and see for yourself

We would be delighted to show you around our active and vibrant home where everyone’s individual requirements are met with care and empathy.

“Your staff are so caring and supportive. We were always made to feel so welcome with smiles and numerous cups of tea. ”



Our home

Clifden House is a family-run dementia care centre that has developed into a leader in specialist dementia care.

Our location on the coast in Seaford, East Sussex, gives us easy access to Brighton, Lewes, Eastbourne and London by road and rail.

Clifden House is a vibrant and active environment. It is home to a range of people from different backgrounds, taking part in everyday activities, just like in any other family home or community.

Our guests and residents may be catching up with the news, chatting at the hairdressers, getting ready to go out to the pub or shopping, doing their exercises or taking part in everyday tasks.

Engage & cultivate relationships

This is a home too for family, friends and carers to spend quality time with their loved one. We offer day care, overnight stays, respite and residential care. We can deliver choice and options whatever the circumstances.



“We cannot speak highly enough of the love, attention and every care you have given her and for the understanding of her vulnerability.”



Our facilities

We have 54 bedrooms; all with en-suite facilities, TV, telephones and the very latest nurse call systems. We also offer shared rooms for couples and companions.

There is a spacious lounge area, where we run our many and varied group activities. We also have comfortable, quieter areas where family visits can take place. The building provides disabled and secure access.

Our beach-themed café serves nutritious home-cooked meals and caters for specific dietary requirements. We also have garden

and patio areas, onsite hairdressing and a place for worship and reflection.

Our home has colour-themed zones and individually coloured bedroom doors – proven to help navigation and ease of use for dementia sufferers. Residents are free to move throughout the entire building at their leisure – after all, it is their home!



“ People were cared for by staff that knew them well and responded to their individual care needs and preferences. Staff were kind, friendly and patient with people. Staff were mindful to people’s privacy and dignity taking account of their individuality. ”

Care Quality Commission Report May 2015



Our care team

The care, attention and approach of our staff makes residents feel comfortable, engaged and part of a truly close knit and caring community. Every member of our team, from housekeeping to carers, chefs to gardeners, is keen to interact with our residents.

Our carers are responsible for individual zones. Each one comprises a small number of residents that they get to know on a personal basis.

Our team is trained to the Care Quality Framework level as standard. Staff also receive

ongoing training and skills development throughout their careers with us.

Crucially, many of the staff at Clifden House are long standing employees – providing an excellent continuity of care.



Lucy Smith
Team Manager



Donna Pickett
Team Manager



Deena McCormack
Activities Coordinator



Sam Hill
Deputy Manager



Our approach to care

At Clifden House we:

- Aim to reduce the use of unnecessary medication
- Maximise each individual's potential through activities and choice
- Help to alleviate the symptoms of dementia in a caring and supportive environment

Clifden House delivers highly qualified and personal care, to suit the needs of each dementia resident. Our aim is to facilitate each person to continue to live a fulfilling and active life, with privacy, dignity and security, for as long as possible.

Care plans are at the forefront of our delivery of care. The input, views and advice of family and residents' representatives are very much encouraged – as this can help improve the quality of life for that person. The needs and requirements of each person are constantly changing, and the care team leaders routinely reassess these needs.

Reducing harmful medication

Clifden House has a unique philosophy on dementia care. We focus on reducing unnecessary medication and sedation in order to release the living potential within the individual.

Short-term care

Respite Care

When carers are away from home or unwell, we can offer comprehensive care for your relative - even for short periods.

This means that your relative receives the same close professional care as our permanent residents and can feel safe and supported in his or her own personal space.

Day care

You may need a little help every now and again without the need for permanent residential care. Our temporary care offers flexible cover as and when you need it.

Daytime part-residential care offers a supported and stimulating environment for your relative, and some free time for you.

“ You have all been truly wonderful in managing mum’s care, and involving her with the many activities, both inside and outside Clifden House. ”



Activities & engagement

A mainstay of our delivery of care lies in promoting a fulfilled life. We do this through a range of individual and group activities.

Whether it’s a day trip to a local landmark, a fishing trip or art and musical therapy, our dedicated activity manager and her team ensure that every resident is able to engage as much as they desire with the world around them, both within and outside Clifden House.

Activities in the home include:

- Daily musical exercise session
- Musical therapy
- Themed events, including Halloween, Easter, Christmas
- Birthday celebrations
- Pet therapy
- Scrabble and puzzle club
- Gardening club
- Flower arranging
- Art sessions
- Farm animal visit
- Clifden House Choir



In the community:

- Day trips to local landmarks, including National Trust properties and garden centres
- Shopping
- Beachfront walks
- Pitch and putt golf
- Pub lunches
- Bowling
- Fishing trips





“ A big thank you for all the care you gave Mum and the efforts you made to get to know her likes, her dislikes and her character. ”



Come and see for yourself

We will try our best to answer any questions you may have, or offer a solution to an individual issue - no matter how small.

We are happy to assess residents of non-dementia care homes in order to see if we are better able to meet their needs.

Equally, you are very welcome to bring friends or relatives in for lunch or an activity afternoon, and maybe take a well-earned breather yourself!

Please call 01323 896460 to make an appointment.



“ We were very impressed with the kindness of the staff and the lively and bright atmosphere at Clifden House. ”




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“ I had to write to say how much I enjoyed the show this afternoon. Looking around the room it was uplifting to see the sheer pleasure on the faces of the residents. ”