

# *Rose Lodge Care Home*

*Specialist Dementia Care In Exmouth & Devon*



Imagine the peace of mind you will feel knowing that your loved one is in a safe and loving place, living in a small community. Located in the delightful seaside town of Exmouth, Rose Lodge is the perfect home for people living with dementia to experience a higher quality of life.



## Specialist dementia care in two small communities

Rose Lodge offers a social club (day care) and residential care to people living with dementia, in two small communities, each of around 15 to 20 people. There is one community for people at the earlier stages of dementia and one for people at the later stages of dementia. Occasionally we are able to offer short term respite care for people that have joined our social club. For most people that join us, Rose Lodge is their last home and we provide end-of-life care with the help of our local NHS team.



*Relaxing in the lounge*

## Your most difficult decision

When you are caring for someone with dementia it can be tiring and often very distressing. Activities that were previously enjoyed are now becoming too difficult to organise, and staying in touch with friends and family becomes too hard. This leaves many people with dementia feeling isolated and lonely, out of touch with the daily rhythm of life in a community.

For those at an earlier stage of dementia, joining our social club can help your loved one to stay stimulated and make new friends while offering respite to home carers. The transition between the Social Club and living at Rose Lodge permanently tends to be a positive and smooth experience for both the resident and their family.

## Award-winning design for people with dementia

With dementia your loved one will view things differently to you. They may easily become disorientated and confused by everyday objects and situations that no longer seem familiar. As a result simple tasks can become a major source of agitation and even anger.

Rose Lodge is designed specifically to help overcome these challenges and make life easier and clearer. In 2016 we achieved a Gold award for the design of our early stage community by the Dementia Centre at Stirling University who are the UK authority on designing dementia environments.

## Care that is rated Outstand by the Care Quality Commission

Rose Lodge is unique in Devon. Because we have two small communities on a single site, people can live with others that are at a similar stage and this improves people's well-being and reduces friction, and we offer Active Living programmes that are tailored to each community. The two communities share a common 'look and feel' and share an approach to care which recognises the need for all people to live meaningful lives, and this smooths any moves between communities. The Care Quality Commission agrees and rated us Outstanding in 2016 – a rare accolade.

## Great facilities to enjoy

At Rose Lodge living with dementia means living in an environment that is specifically designed to help you live your life as independently as possible.

The home is located in the delightful seaside town of Exmouth and has ample room for 33 residents across two communities. The rooms are well appointed with fixtures and furniture that are designed for people with dementia.

Each community has their own lounge, dining room, terrace and garden. The early stage community also has a resident's kitchenette. The garden is an important part of life at Rose Lodge and many of the activities take place outside when the weather is good. We keep the doors to the garden open so that people can freely go out for a stroll in the secure garden.



*One of our friendly chickens*





*Helping in the resident's kitchen*

## Active Living

Your loved one will no longer be experiencing the world in the way that you do. Connections between objects and actions that we all take for granted can easily become a major source of puzzlement and frustration when you have dementia.

What does not change is our need to live a meaningful life. For the people that come to Rose Lodge this is about being active and sociable within a community of like-minded people.

To keep life as engaging and fulfilling as possible, we work hard to see life from our resident's perspective and discover activities that are meaningful, bring them joy and happiness, and promote their independence.

## Here's a couple of examples that make us different:

Every day we help residents go out for walks, often to the Exmouth Esplanade where we enjoy the sea views.

Each community has their own choir that meets for practice every week. We also have impromptu sing alongs and we have a resident's piano.

Every week we have a disco with live music from the 1950s onwards and visitors are often amazed at the vigorous dancing that goes on.

Every week we play skittles in the local railway social club.

Most days there are trips out in our own minibus which we christened the Rosemobile.

For those who enjoy pets we have a small dog and a couple of cats.

We can go on and on. Basically this is a buzzy place.

For those at an earlier stage of dementia, joining our social club can help your loved one to stay stimulated and make new friends while offering respite to home carers. The transition between the Social Club and living at Rose Lodge permanently tends to be a positive and smooth experience for both the resident and their family.

## Caring and Compassionate staff

It takes a special kind of person to dedicate yourself to the care and wellbeing of others. We are extremely proud of the commitment and passion that our staff demonstrate every day. To help us keep the great team we have, we recruit all our staff locally, we pay them well, and we support them to obtain care qualifications and to progress their careers. We also offer a learning environment for volunteers and apprentices, many of whom come to Rose Lodge to learn about best practice in dementia care and enjoy their experience.

## What to do now

We can offer your loved one an award-winning environment that is designed specifically for living with dementia. We hope that you will feel that active living in a dementia community is a positive step forward and will give your loved one the best possible opportunity to enjoy an active and sociable life.

You can visit any time unannounced and someone will show you around. If you also want to discuss things with the manager then please call us today on 01395 227071 or email [manager@roselodgecarehome.co.uk](mailto:manager@roselodgecarehome.co.uk) to arrange an appointment.

We look forward to meeting you.



*We enjoy our garden parties*



Rose Lodge is located in the beautiful seaside town of Exmouth in picturesque Devon. Local transport links are excellent and, being a popular retirement resort, there is ample local accommodation should you wish to stay over during a visit.

For further details please contact the home manager on 01395 227071 or feel free to visit us anytime to have a look around and chat about your requirements. We'd really love to hear from you.



*Boats at Exmouth*



**Rose Lodge Care Home**  
**2 Isca Road, Exmouth, Devon EX8 2EZ**

**Telephone 01395 227071**

**Email [manager@roselodgecarehome.co.uk](mailto:manager@roselodgecarehome.co.uk)**

**[www.roselodgecarehome.co.uk](http://www.roselodgecarehome.co.uk)**

### Activities in The Lodge

	Morning	Afternoon	Daily
<b>Monday</b>	Exmouth in bloom gardening trip, flowers, gardening, daily papers, quiet reading, feeding the animals	2.30pm Fitness with Mark	Hairdresser
<b>Tuesday</b>	Garden walks, flowers, gardening, daily papers, musical bingo, feeding the animals	2.30pm Choir with Naomi	Salon Sessions
<b>Wednesday</b>	Shopping trip, flowers, gardening, daily papers, manicures, feeding the animals	2.30pm Music Variety	
<b>Thursday</b>	Garden walks, flower arranging, fruit and veg harvesting, feeding the animals, art with Angie	2.30pm music with Simon and his guitar	Salon Sessions
<b>Friday</b>	Seafront walks, flowers, gardening, daily papers, feeding the animals, cake decorating	2.30pm Art Class with Deb 2.30pm Guitar music with Daniella (alternate weeks)	Hairdresser
<b>Saturday</b>	Puzzles, gardening, daily papers, recycling, manicures, feeding the animals		
<b>Sunday</b>	Puzzles, gardening, daily papers, recycling, manicures, feeding the animals		

### Activities in The Cottage

	Morning	Afternoon	Daily
<b>Monday</b>	Exmouth in Bloom gardening trip, flowers, gardening, daily papers, crosswords, daily chores	3.30pm Fitness with Mark	Hairdresser
<b>Tuesday</b>	Skittles at the GWRSA	3pm Tai Chi with Master Nick	Salon Sessions
<b>Wednesday</b>	Shopping trip to town, flowers, gardening, daily papers, crosswords, daily chores	1.30pm Art Class with Angie	
<b>Thursday</b>	Skittles at the GWRSA	3.00pm Music Variety with either Alan, Ben or Paul	Salon Sessions
<b>Friday</b>	Seafront walks, flowers, gardening, daily papers, crosswords, daily chores	3.00pm Choir with Naomi	Hairdresser
<b>Saturday</b>	Puzzles, gardening, daily papers, feeding animals, recycling		
<b>Sunday</b>	Puzzles, gardening, daily papers, feeding animals, recycling		



# Hugh & Mitch



Devon's food heroes stepping up their fight to bring the best to our dining tables

January 2017 | [devonlife.co.uk](http://devonlife.co.uk)

# DEVON LIFE

## TANTALISING TOTNES

- »A people powered development
- »Wild swimming & art combined
- »The dog friendly town

## NEW YEAR NEW YOU

SIGN UP FOR AN ACTIVITY  
GET YOURSELF FIT AT HOME

## 2017 Year Planner

Our handy guide to the county's big events

Devon's  
Delightful  
Garden  
Collections

PLUS

### INSPIRATIONAL MONICA

- still nursing  
aged 83

### INSIDE DR INK'S

- Exeter's curious  
cocktail bar

### CAPTURING THE WILD WEST

- SW Academy's  
new show

# Let's go to North Devon...

»Head for a special coastline »Locals' insider guide

»Transforming Tapeley Park »The big wave surfer

»A special artist »Musicians' national spotlight

»24 Hours in Barnstaple... where to go, what to see

£4.20







# *Small really is beautiful in dementia care*

Devon is blessed with many excellent care homes and while the trend over the past years has been for larger care homes, Rose Lodge has taken the opposite view

**R**ose Lodge provides two small communities (about 16 people in each) for people living with dementia, and there are several very good reasons for this. It can be quite distressing for people with early dementia to be with people at the later stages and we have found that in general people with dementia are happiest when they are in a community with other people at a similar stage.

Smaller communities reduce the number of relationships that residents have to navigate, and they just feel more homely. Also the needs of people with early dementia are quite distinct from those of people with the later

stages of dementia. By having separate communities Rose Lodge are able to customise the design of the communal spaces and bedrooms, the care, and the activity programmes to those specific needs. So while people in the Cottage (their community for people with early dementia) enjoy activities such as going for long walks, or regular skittle competitions at a local social club, the people in the Lodge (their community for people with later stages of dementia) generally enjoy more gentle and sensory activities such as live music, gentle exercise, and pampering sessions in their salon. The decor of the two communities follow an identical style and this eases the

transition in case of people moving on from the Cottage to the Lodge. Does it work? Well the residents and their relatives certainly think so. This year they voted Rose Lodge into the top 20 small care home groups in the UK at [carehome.co.uk](http://carehome.co.uk) which is the UK's leading independent care home advisor. This award has come on top of their CQC Outstanding rating and a Gold award from Stirling University for dementia design. ♦



**Gold Award**



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01395 227071 ♦ [www.roselodgecarehome.co.uk](http://www.roselodgecarehome.co.uk)  
Blog & dementia info: [www.dementiacaredevon.co.uk](http://www.dementiacaredevon.co.uk)



**Outstanding  
2016 & 2019**

Eminence Care Limited

# Rose Lodge Exmouth

## Inspection report

Rose Lodge  
2 Isca Road  
Exmouth  
Devon  
EX8 2EZ

Tel: 01395227071

Website: [www.roselodgecarehome.co.uk](http://www.roselodgecarehome.co.uk)

Date of inspection visit:

14 December 2018

20 December 2018

Date of publication:

05 April 2019

## Ratings

Overall rating for this service

Outstanding 

Is the service safe?

Good 

Is the service effective?

Outstanding 

Is the service caring?

Outstanding 

Is the service responsive?

Outstanding 

Is the service well-led?

Good 



DSCD said:

There were numerous examples of best practice

- The matching of all the flooring in tone was exemplary
- The Cottage had a very domestic atmosphere
- It was very easy to get outside
- The open plan of the living areas was excellent
- The kitchen servery was exemplary and we were delighted that it seemed to be the hub of the home
- The wood effect flooring throughout except for the bathrooms and toilets was cushioned vinyl with a high acoustic quality.







carehome.co.uk

THIS IS TO CERTIFY THAT

**Rose Lodge**

HAS A CAREHOME.CO.UK  
REVIEW SCORE OF

**9.8**

October 2018

Maximum Review Score is 10, and the  
Score was calculated from 31 Reviews made  
by residents or family/friends of residents.



# The Journal of DementiaCare

For all who work with people with dementia

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## Keeping active... together



**Also inside  
this issue:**

- Ethnicity and cultural diversity in dementia care
- Working one-to-one with iPads
- Life story work



# Active living at Rose Lodge

**Peter de Groot** shares the story of one care home's careful work to offer residents a vibrant active living programme within a purposefully designed environment – as well as being outward-facing into the community

*Peter de Groot is the owner of Rose Lodge care home, Exmouth, Devon.*

**V**iktor Frankl articulated the central importance of the search for meaning in people's lives in his seminal book, *Man's search for meaning* (Frankl 1946). He observed that people can find meaning in different ways. For some it is to be found in interactions with other people, to others in an idea such as beauty or religion, or in the simple pleasure of purposeful activity ('work'). For many people, meaning is found in all of these places.

Rose Lodge is a care home for 24 people living with dementia, located in Exmouth, Devon. We also offer a social club daily, allowing one to two people each day to come and spend the day at Rose Lodge, joining in with the activities on offer. At Rose Lodge, we explicitly recognise people's search for meaning, and helping people find meaning is central to our care ethos, which can best be described as 'meaning-centred care'. As each person finds meaning in such different ways, we designed an active living programme which includes a wide range of activities including singing, a choir, drama, poetry, gardening, animal keeping, exercise, rambling, art, crafts, quizzes, live music, as well as the usual activities of daily living. We have found that the extent to which people can participate and enjoy elements of the programme is determined largely by how well we blend the physical and social environments into effective active living spaces.

## Environment

Architects have a saying: "We create the environment and the environment creates us" – and indeed in our experience the physical environment is the best place to start. For people with dementia, a good physical environment is one where the purpose of the space is obvious ("We grow vegetables here"), the environment is easy to navigate ("I know where to go to do what I

want"), and it is honest, in the sense that the inherent promise it makes ("This is a darts room") can be kept ("I am playing darts here"). We feel the last criterion is very important, as a space that does not keep its inherent promise will lead to unnecessary confusion and frustration.

So far we have worked hard to develop three active living spaces that meet these criteria of being obvious, easy to navigate and honest. The first is the gardens: these include distinct areas for relaxation, vegetable growing, garden sports, and garden work. The second area, our salon, is used for hairdressing, chiropody, and beauty and pampering sessions. Our most recent addition is the darts room.

Each of these environments is complemented by a carefully structured social environment, and it is the combination of the two which enables people with dementia to use these spaces effectively and enjoyably. Each activity takes place in the most appropriate space, often led by an outside specialist and supported by assigned members from the care team. Without a planned approach to the social environment these spaces are likely to be used sparingly or ineffectively.

We try to include the wider community in our active living programme, in this way giving residents an opportunity to contribute to life outside Rose Lodge in a meaningful way. Our choir and drama groups perform at community events and in the local theatre, and the gardening group helps to plant gardens in Exmouth as part of the 'Exmouth in Bloom' volunteer team, and joins in the annual vegetable growing competition – this year they won the runners-up prize. A group of pupils from a local primary school come to grow vegetables with the residents during the growing season under an informal Landshare agreement.

We nurture and develop these relationships with local groups, and we have found they have

Space	Physical design	Social design
Garden – terrace	Large terraces directly off the lounge door, fishpond, sensory pergola, animals, raised flower beds.	Weekly live music sessions, picnics, dance parties. A meeting place, or a quiet space with nature.
Garden – allotment	Raised growing beds, all gardening resources (shed, water, compost heap) available and labelled. Fruit trees and shrubs.	Gardening club, Landshare project with local school, 'Exmouth in Bloom' vegetable growing competition and volunteering.
Garden – games lawn	Large level lawn area without obstructions, bowling club house, easy access to equipment.	A bowling club that practises and holds competitions, exercise classes, yoga classes, drama.
Garden – work area	Large composting boxes, fire pit, soil, wood-chips.	One-to-one or independent gardening activities.
Salon	Glamorous decor, height adjustable chairs and shampoo basin, mirrors, a magazine rack and a radio, pictures of famous actors.	Visiting professionals (hairdressing, chiropody, beauty) who can make you feel special. An informal meeting place.
Darts room	A lockable darts board and mat, pictures of classic British cars. Upright sofas.	A darts club with competitions, and future plans include playing against other teams at Rose Lodge and in pubs.



## Details of the physical design of the garden



### Distinct spaces

The new gardens have been designed to be logical and easy to navigate for the residents, with four distinct garden areas: the terrace, allotment (top left), games lawn, and work area. The areas closest to the lounge are the easiest to navigate while those areas further from the lounge are primarily for the most independent and skilled residents. This is a very natural way to match risk with skill without imposing unnatural constraints on people's liberty, and allows people with varying skill levels to find their own space. We have observed that most people will use the areas that they are competent to use and this makes the use of these spaces largely self-regulating.

### Subtle navigation aids

From the lounge door, the first three areas are clearly visible at a glance so that residents can decide where to go without the need for explicit signposts which some residents are unable to read. Similarly, it is easy to find the way back to the lounge door, as this is signposted with a garden arch. The path down to the allotment and games lawn are



signposted by means of the same garden arch (top centre) which alerts people to the fact there is a transition to the lower level areas.

### Minimal obstructions

For example the railings (above) are designed without breaks which help people to use them safely for support without difficult transitions. All the paths are also designed with minimal breaks, to give people the confidence to explore.



### Use of colour

The garden structures are coloured to help with orientation. All fences are green. Major garden structures such as the pergola and the chicken enclosure are brown, and garden features such as the pond cover (top right), animal feeding stations, raised flower beds, and dovecote are blue (the doves are white). Contrasting colours are also used, for example to help residents locate access to the toolshed and feeding stations for the garden animals. The railings, raised bed edges, and path edges are picked out in a contrasting colour to make it easy for people to locate them.

### Explicit signage

Black writing on yellow background is used to identify the various feeding stations, structures such as the toolshed, compost heap and so on, and to remind people of the names of the various animals we keep. This is the same signage that we use within the home, and has been shown to be easy to read for many people with dementia.

tremendous benefits not only for the residents but also for the community groups who gain a better understanding of how to interact with people with dementia. They also provide further opportunities for community engagement, such as residents being invited to join the passing-out parade of the pupils who grow vegetables with them at Rose Lodge.

In the box below left is a summary of how we have blended physical and social environments to create active living spaces.

These active living spaces encourage people with dementia to live in the present, using skills that may have been dormant for many years, and to develop new skills. The focus on living well in the present relates directly to people's search for meaning, which never ends. To put it simply: with a fuzzy past and an uncertain future, meaning is mostly found by living in the present. When we are engaged fully in an activity or interaction with others, confusion can drop away and life becomes joyful. This is well known in relation to singing, and underpins the success of singing circles. In fact there are many such practical activities that people can participate in when a supportive environment is created and nurtured.

### Risk: Why not?

The design of our active living spaces reflects our approach to managing risk. We have moved away from a primary focus on minimising risk at all costs to one where we balance the limited risks of everyday life against the very significant benefits that come from living a meaningful life, and the certain negative consequences of excessive passivity. We have found that, in considering risks, the 'Why not?' question is generally a much more helpful question to ask than the 'What if?' question. This does not mean that we ignore risks, rather that we aim to design safety into the environments as much as possible, and we don't let considerations of risk prevent us from helping residents live active, meaningful lives.

To demonstrate some of these concepts, the physical design of the garden is described in more detail in the box above.

We have found that people with dementia can lead meaningful lives by living actively in the present. To achieve this, the physical and social environments must be blended carefully to support active living, and this in turn requires a new approach to managing risk.<sup>11</sup>

Peter de Groot writes regularly on Rose Lodge's blogging website, [www.dementiacaredevon.co.uk](http://www.dementiacaredevon.co.uk). Rose Lodge also has a website: [www.roselodgecarehome.co.uk](http://www.roselodgecarehome.co.uk)