



# EXMOUTH HOUSE CARE HOME

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TOGETHER WE CARE





**Amica**  
Care

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# Welcome to Exmouth House

Exmouth House, a part of Amica Care, a not-for-profit charitable organisation, offers high-quality residential and dementia care in a warm and welcoming environment.

Led by our very experienced Home Manager, our specialist care teams work together to ensure that our residents lead a better quality of life by receiving outstanding levels of care, stimulation and social interaction that improves both their health and overall wellbeing.

Our care is rated 'Outstanding' by our regulator, the Care Quality Commission (CQC).



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## Why Choose Exmouth House

Exmouth House is a five-minute drive to the seafront, town centre and train and bus stations. It is also opposite Exmouth Hospital and St Joseph's Primary School, with both of which we have close links. Our home is a few miles from the city of Exeter and also features on the main bus routes, making it easily accessible.

We have a large communal lounge where our residents can relax, meet family and friends, enjoy a chat or watch their favourite television programme. The Conservatory is a favourite room and we also use this for activities. In both of our dining rooms, we have restaurant-style dining offering nutritious food and we are happy to cater for individual tastes. At Exmouth House, we have a clear understanding of the importance of preparing residents' favourite foods with a view to encouraging healthy appetites. This helps to ensure our residents eat and drink enough to ensure a healthy diet in a social and convivial atmosphere.

Our hairdressing salon is popular for holistic one to ones such as pampering hand massages and nail treatments as well as elegant hair-do's and hair trims, all of which can help to nurture the spirit of our residents. Our bedrooms have en-suite facilities ensuring privacy and convenience for our residents and their visitors. Our award-winning garden is very private and safe for our residents to enjoy. Attractive to birds and wildlife, there is also a sensory garden to ensure that our residents are stimulated both outside the home as well as inside.

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# Care and the Types We Provide



## Residential Care

With individual care focusing on being a home from home experience in delightful surroundings, we aim to encourage our residents to remain as independent as possible with support from our team. Whether you have mobility concerns or require care and support with everyday tasks, or maybe feeling lonely and isolated living at home, Exmouth House offers a high standing of living in a caring environment that promotes good health and overall well-being.

## Dementia Care

We work with dementia care experts, concentrating on creating purposeful and meaningful activities to keep life interesting and fun at Exmouth House. Our care is as individual as each of our residents and they set the routines with support from our caring team. We encourage our residents to socialise with each other, as research shows that people who are regularly engaged in social interaction maintain their brain vitality. We utilise all of the modern techniques to support our care.

## End of Life Care

Exmouth House has accreditation with the Gold Standards Framework (GSF) Care Homes Programme. This means our home offers the highest standards of care to people at the end of their life. We work proactively with local GPs, primary care teams and specialists to provide seamless care to residents in their last months, weeks and days.

## Respite Care

Caring for an elderly or disabled family member can be extremely rewarding – yet at times, both physically and emotionally challenging. Our respite care service is ideal for those needing a short break either to recharge their batteries or to make necessary adaptations at home.

## Day Care

If a brief change of scenery is required then our friendly day care service is a great solution for both you and your loved one. As a carer, daily errands may be easier to complete with a day of respite as well as any necessary adaptations to the home.

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# Person Centred Care

No matter the type of care required, we are committed to delivering exceptional service tailored to each individual's specific needs. Some of our residents may need assistance in their daily lives, while others may benefit from additional support or specialised 24-hour care.

Our approach revolves around understanding the unique requirements of each person. We go to great lengths to gather comprehensive information about our residents, including their hobbies, interests, preferences, and medical history. This wealth of knowledge forms the foundation of their personalised and comprehensive care plan. This means that every member of our team comes to know the person as an individual, and we can then plan their care, exactly to their needs.

We continuously review and update every care plan to ensure it remains accurate and effective. This commitment guarantees that your loved one receives the highest quality of care precisely when they need it, giving you peace of mind.





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# Activities and Lifestyle Support

Keeping busy stimulates the brains of people living in a care home whilst boosting a sense of usefulness and accomplishment. For this reason, we initiate satisfying activities both inside and outside the home. Some of these take the form of away days and trips into the community, allowing residents to savour some of Exmouth's delights. We have strong links with the local community and Exmouth House is very well known in the area, helping to create and retain a real spirit of community.

We delight in art and crafts, music therapy games and exercise to improve mobility, social interaction and mental stimulation. We have found that exercise is key to staying strong which in turn helps to prevent falls, whilst having fun. It is, of course, all down to individual preferences and some of our residents prefer smaller activities on a one to one basis with our dedicated Activities team and carers.



**KATHRYN LANGDON**  
**Home Manager**

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# The Home Manager and Team

At the heart of it all is our quality team of nurses and carers that make the difference. Recruitment and training are key to creating a successful team.

We recruit, employ and retain the best and irrespective of their time in care, they all complete our mandatory training programme based on best practice techniques. This gives our team confidence to improve which in turn gives confidence to our residents, and their families, that they are being cared for by the best.

Kathryn Langdon has 20 years of experience in Health and Social Care and holds a QCF level 5 diploma in management & leadership. She has undertaken a variety of courses including creative activities for people living with dementia, always aiming to provide excellent care and lead by example. Kathryn enjoys supporting people living with dementia, and has done this in a variety of roles.

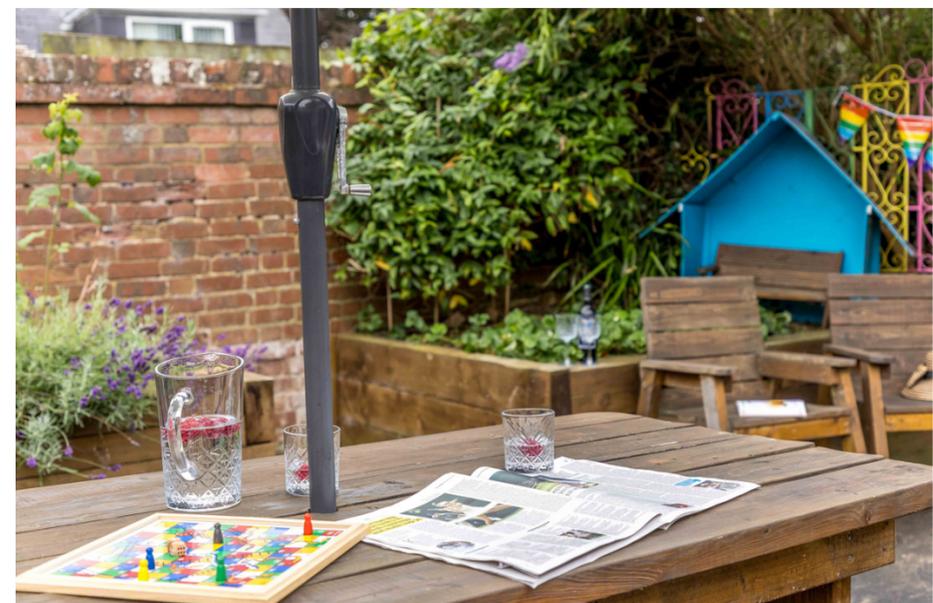
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# Guidance and Support Throughout

From choosing care that is right for you and your loved one, right through to moving into a care home, our expert team is there to help and support you. We fully understand that moving a loved one into care is a huge decision to make, which is why we are here to help you with any concerns you may be feeling at this time, enabling you to concentrate on making the right decision for everyone involved. If you are unable to visit the home, our team will offer a virtual tour, take photos of the home and take them along when they visit to carry out an assessment of care needs prior to move-in day.

Our Maintenance Team will help you to personalise the room with treasured possessions ensuring that your loved one feels comfortable in familiar surroundings.

We value our relationship with our resident's families and provide support every step of the way, including monthly Newsletters and regular family meetings. This brings families together for support and to share experiences, which gives reassurance for all, just when you need it.



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# Get in Touch

Contact us for more information or to arrange a visit:

Exmouth House Care Home

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To watch a video presentation of  
Exmouth House, please scan the QR code

