

Tupwood Gate Nursing Home

A New Quality of Life



Tupwood Gate

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At Tupwood Gate, our dedicated, highly trained staff offer 24-hour nursing care in a warm and friendly atmosphere, with the emphasis on providing a high quality of life. As a home away from home, we offer privacy, enjoyment and convenience for all who choose to live here.

Our location is exceptional – Tupwood Gate is a charming, historic house situated on the hills overlooking Caterham in Surrey. With beautiful, landscaped gardens overlooked by a large, heated modern conservatory, the grounds can be enjoyed throughout the year.



At Tupwood Gate, we want to help you live life to the optimum.

Our residents benefit from:

- Personalised care plans
- Excellent food
- A comprehensive activities and entertainment programme
- Regular social outings
- On-site services such as hairdressing, chiropody and physiotherapy

Our caring options include:

- Frail elderly care
- Dementia care
- Professional nursing care
- Day care
- Short respite care
- Post-operative and convalescent care
- Palliative care



Living the Tupwood Gate life

Personal choice is at the heart of our philosophy.

Residents are offered variety in their daily routine and can choose to take part in a wide range of activities on our social calendar including regular outings using our minibus to visit local places of historic interest, gardens, shops and restaurants. Concerts featuring entertainers and musicians are staged here at Tupwood Gate.

The house has an open, airy feel with plenty of room for residents to move around indoors. We have three large lounge areas and a conservatory where residents can relax and socialise. One lounge provides an area for television and radio as well as offering a variety of books and board games - but there is also a 'quiet' lounge. Two dining rooms

serve a varied, nutritious menu prepared by a professional chef. We cater for all special dietary requirements and are happy for residents to invite guests for a meal.

Bedrooms are tastefully decorated in muted colours and individually furnished to provide character and comfort. You are welcome to personalise these with your furniture, pictures and ornaments. All have en-suite facilities for maximum privacy.

VISITING

Visiting time is unlimited. We are also happy to arrange for you to hold family parties in our conservatory and for our residents to go out for day trips with friends and family.



A Care Plan for you...

Therapy

YOUR personalised care plan will be developed in consultation with a registered nurse after assessing your health and care needs.

Keeping active is important for all-round health – so our expert recreational therapist is on hand five days a week to help with activities such as crafts, letter writing and reading newspapers as well as ‘pampering’ tasks such as manicures and pedicures.

An occupational therapist conducts more structured sessions - such as movement and music - twice a week. A physiotherapist visits at least fortnightly – or more often if the need arises.



Medical Care

Tupwood Gate retains the service of a GP, who visits weekly, or you may wish to arrange for your GP to continue to visit you here. GP services, all NHS prescribed medication, and routinely stocked dressings are included in our fees. A consultant psycho-geriatrician visits as required.



Staff

Our staff are caring, highly trained and motivated and put your interests first at all times. Looking after you will be:

- A key carer to support residents and their family
- Nurses on duty 24 hours
- Trained care assistants
- Recreational and occupational therapists
- A wide range of ancillary staff in support



Flexible Care Packages...

Day Care

A flexible service designed to provide variety in a daily routine or to allow carers to take a break.

At Tupwood Gate, joining our day care service means you can benefit from our full therapy programme including nursing care on a daily basis; structured occupational therapy sessions and access to our recreational therapy programme. Other benefits include receiving help with bathing using our specialist, soothing hydrotherapy spa bath; joining in our entertainment and social outings programme or using our hairdresser or visiting chiropodist – all while enjoying the social life centred around the house.

Day Care is offered on an entirely flexible basis – half-day or whole day; on a weekly or fortnightly basis in any pattern suiting the resident and their family.



Respite Care

We offer our exceptional care and facilities for short stays while carers rest or are on holiday. This service is also suitable for people who have been discharged from hospital but who have not yet recovered sufficiently to return home. Respite care is available on a nightly basis.

Palliative Care

This service is available according to need.

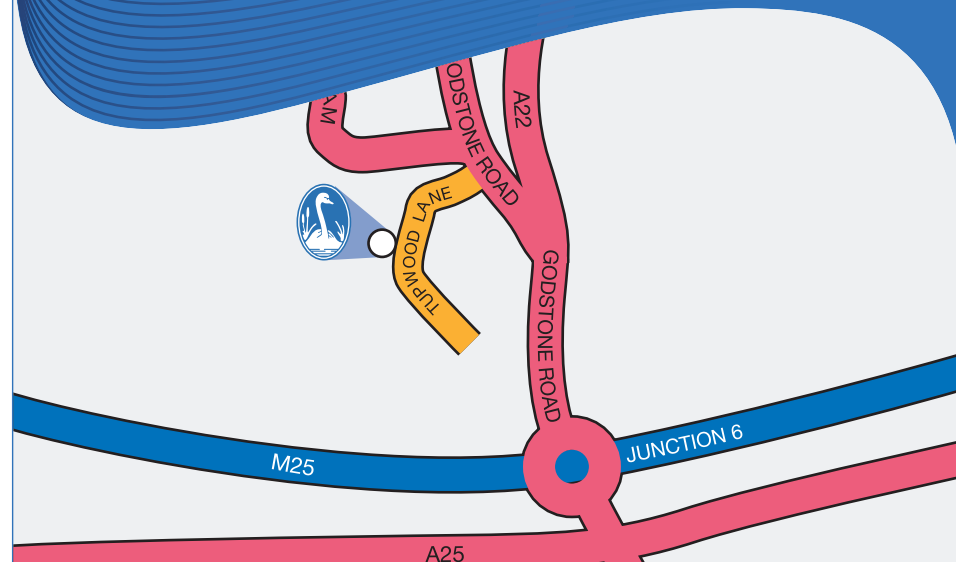
On-site Services

- Regular visits from a chiropodist and dentist
- Hairdresser on site weekly
- Personal laundry service
- Monthly Church services
- Call bell system in all rooms
- Specialised hydrotherapy baths and showers
- Telephone points in all rooms
- En-suite basin and toilet in all rooms



Tupwood Gate

Tupwood Gate is a dual-registered Nursing Home, providing nursing, short stay respite, day care and care of the elderly mentally infirm.



How to find us

By car

From the M25 take the exit at Junction 6 on to the A22 toward Caterham. Travel down the A22 for 4 miles then take the B2030. After one mile on the B2030 you will see Tupwood Lane on your left.

By train

From Caterham train station take a short taxi ride to Tupwood Gate Nursing Home. This will cost approximately £3. It is possible to walk however Tupwood Lane is up a steep hill.

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