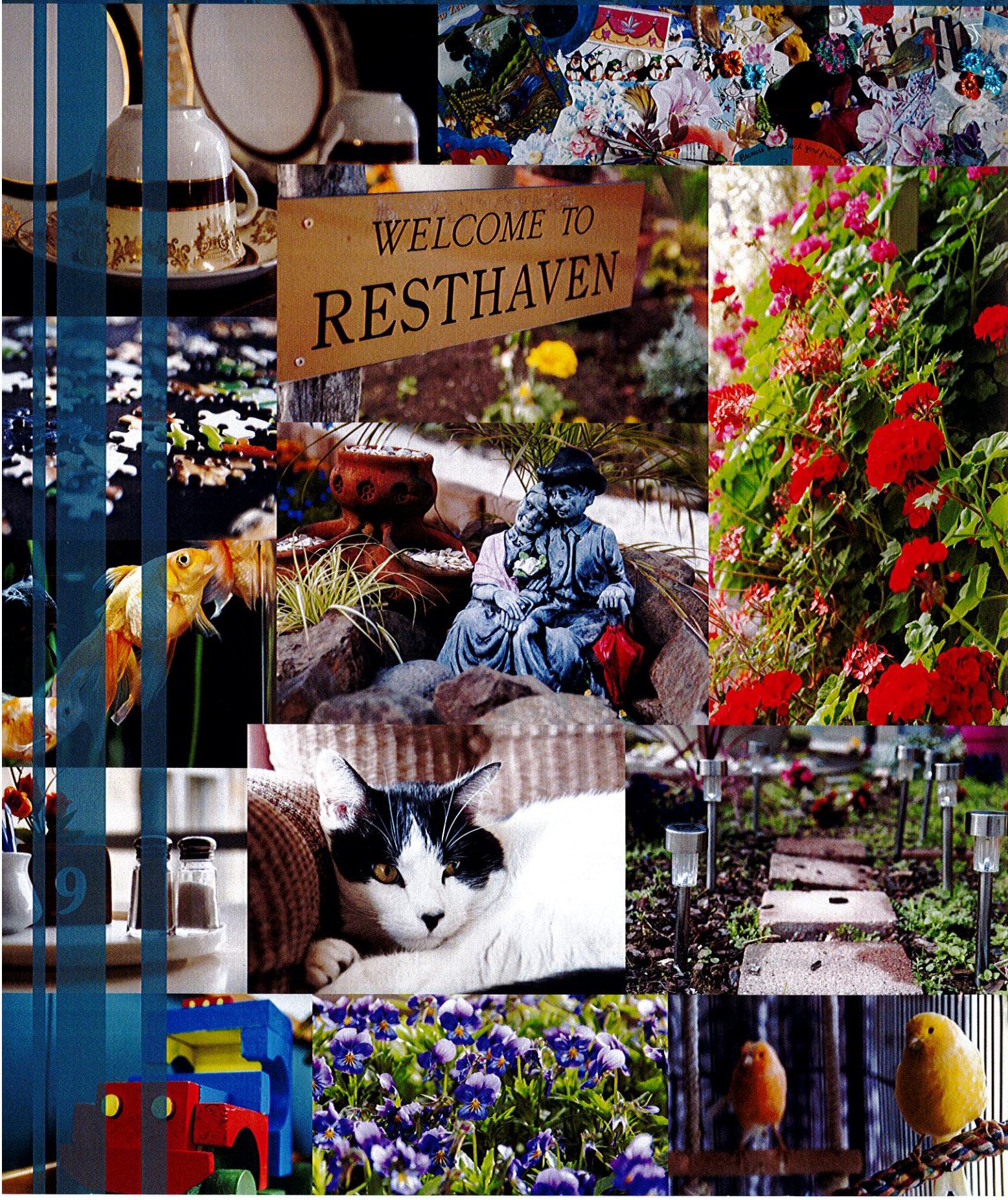




Resthome and Hospital Care



Resthaven has 60 'beds' available for resthome and hospital level care, most are single rooms, with a couple of double rooms for those who like to share or for married couples. The majority of rooms have a courtyard garden or Cambridge greenbelt view.

Many of the rooms at Resthaven can be used for either resthome or hospital care. Bathrooms are a mix of en-suite and shared facilities and care has been taken with non-slip flooring, safety handrails and seating. All rooms have wheelchair access and are installed with automatic sprinkler systems and smoke detectors. Residents are encouraged to personalise their rooms with their own furniture (space allowing), pictures and ornaments from their home. For safety reasons, Resthaven provides the beds, with most being electric.

There is an assortment of lounges, four dining rooms and a variety of communal spaces throughout the facility for all residents and families to utilise.

Resthome residents usually have all their meals cooked for them and available in the dining room, but there are facilities for people to cook their own meals or do some baking if they wish. While using the dining room is encouraged for social reasons, if someone is unwell, meals can be provided in their bedroom.

The Resthome is overseen by a Clinical Nurse Leader, who has overall responsibility for the resthome care team. Should a 'resthome' resident require hospital level care, then every effort is made to keep them in 'their' room. It is important to Resthaven that residents feel at home in their rooms and they keep the same room once they have moved in. If palliative care is required, residents may stay in their own room.

In the hospital, there is 24 hour registered nurse cover, overseen by a Clinical Nurse Leader, with teams of registered nurses, enrolled nurses and healthcare assistants providing the support and care. However, staff encourage as much independence as possible and as much intervention from residents as possible in their day to day care, following the Eden philosophy.

Resthaven can cater for a number of conditions and frailties and liaises with Waikato Hospital when required if residents are unwell or for advice. Each resident is regularly monitored by registered nurses, a physiotherapist and their own (Cambridge based) GP visits regularly.

All cleaning and laundry is taken care of by Resthaven, however if residents would like to wash their own clothes or do their own cleaning they will be supported by the staff to do this, which is in line with Resthaven's philosophy of maintaining independence. Newspaper delivery, personal phone lines, internet and Sky TV can be organised in the bedrooms with the residents paying for these individually. Family and friends can visit at any time and are encouraged to assist their family member to keep links with the external community.

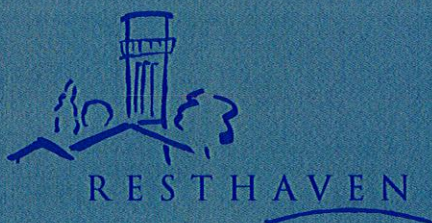
A lot of time and effort has gone into developing our hospital room design so that they are larger than the standard and incorporate en suite/shared facilities. As well as upgrading the hospital area with these new superior rooms, a great deal of resource has been put into purchasing equipment such as hoists, transfer belts, electric beds and safety equipment that helps both residents and staff.

Residents are assisted by a diversional therapy team who put together a program of activities and community visits for residents to participate in if they wish. This is a very important part of daily life. Regular resident meetings plus 'lifestyle reviews' ensure that the activities arranged are meeting the resident's wishes.

The atmosphere at Resthaven is relaxed and the residents' choice of how they want to pace their lives is respected and incorporated as much as possible.

For further information regarding the costs and entry criteria of the resthome and the hospital, please see the attached sheet.

Thank you for your interest in Resthaven, please do not hesitate to contact us if you require further information.



6 Vogel Street, Cambridge
p: 07 827 6097 f: 07 827 4652
e: admin@resthaven.org.nz
www.resthaven.org.nz