



FORTH BAY

Care from the heart

IN ALLOA

 ARIA CARE

We are proud to introduce our beautiful purpose built home, Forth Bay located in a beautiful location close to the River Forth.

We have a passion for delivering person centred care for older people. We believe that every resident deserves, and should enjoy, the best possible quality of life.

That passion is instilled into every home where our teams are committed to supporting residents to continue to live their life to the full.

That means more than providing great care; it's about working with each resident and their family to truly understand them, their wishes, needs and dreams for the future, and striving to make those dreams come true.

Forth Bay, like all our homes, provides excellent facilities, and what makes us unique is the highly skilled and dedicated teams of care workers, nurses, support staff, specialists and managers who make the difference. They consistently go above and beyond to deliver the best possible care to residents.

We understand that looking for a care home can be an emotional and challenging time. We have decades of experience in supporting families to make the difficult decisions, so that the whole family has peace of mind.

We're here for you, every step of the way, helping our residents to live the life they want, with independence, choice and dignity.

We look forward to welcoming you to our beautiful home and will be on hand to answer your questions.

WHAT MATTERS TO YOU,
MATTERS TO US

Welcome to Forth Bay

“Forth Bay Care Home in Kincardine is so clean, tidy
and homely and staff are so caring and helpful.”

Resident's Family Member

MAKING A DIFFERENCE

Whether you are looking to connect with new friends or have specific care or nursing needs, we provide high quality nursing and dementia care.

Knowledge and understanding are at the heart of the care we provide. We learn about your life, for example, your career, the places you've lived, and the people who are important to you.

We work with you to understand and capture your stories, your likes and dislikes, the things that make you unique. Then we use this knowledge and your care needs to shape your care plans. No detail is too small, right down to the number of pillows you like on your bed.

We understand that this is your home, and privacy and choice are fundamental to ensuring your dignity.

We will always ask permission to come into your room, and we'll always give you choices about what you'd like to do and how you'd like to do it.

Your specialist care teams

Many of our residents choose Forth Bay as they're looking for companionship and peace of mind.

Our nurses and carers are experienced in caring for people with low level needs to the most complex of health needs. We work with a GP, consultants and specialists to plan and adapt care should your health needs change.

"We are very happy with the care given to Mum since she has been in Forth Bay. Her health has improved somewhat since she came to stay, thank you."

Daughter of Resident

A PLACE TO CALL HOME

Forth Bay is a light and spacious purpose built care home in a beautiful location close to the River Forth.

As well as permanent and convalescent care we also offer respite and trial stays. We provide many different types of support and work with you to put together a care plan that is unique to your needs and requirements.

Our team are experienced in caring for people with the most complex of health needs including convalescent care, rehabilitation, health monitoring, wound management and the management of long term conditions.

Choosing the right type of care

- **Nursing care** – For health problems that need the ongoing attention of nurses, we provide 24-hour personal specialised nursing care led by our own registered nurses chosen for their care compassion and experience.
- **Dementia care** – There are many types of dementia, which affect each person in very individual ways. Care includes helping to preserve their sense of identity and quality of life, in a residential or nursing setting.
- **Palliative care** – this ensures individuals are as comfortable as possible, by managing pain and other symptoms not to mention psychological, social and spiritual support for everyone including family or carers.
- **Respite** – Sometimes referred to as ‘respite’ care, this may include helping a person to recuperate after an operation or illness, or caring for them while their regular carer takes a break. We also offer day care and overnight care for those who are still living at home, but who may need some additional support or a change of scenery.

WHAT MATTERS TO YOU,
MATTERS TO US



Everything about this care home is first class, from the staff to the surroundings, the food, the cleanliness - excellent!

Resident's Family Member



We have been commended for our commitment to training and have been honoured with the prestigious 'Princess Royal Training' Award for our World dementia training.

LIVING IN MY WORLD

There are now nearly 850,000 people living with a diagnosis of dementia within the United Kingdom and it is important to know you are not alone.

If you have recently been diagnosed with dementia, we understand this can be a difficult and emotional time. At Forth Bay we can help you to understand more about dementia and how to live as well as possible, including making plans for the future.

Award winning training

As well as their ongoing training in their particular field, every team member receives our unique 'Living in My World' dementia training which is accredited by City and Guilds. It highlights the importance of meaningful activities and a stimulating environment for people living with dementia, as well as addressing clinical aspects of care.

Our additional training 'Food in My World' also accredited by City and Guilds provides our hospitality team and chefs with the skills and knowledge to stimulate senses and increase creativity in the cooking and presentation of food. This can provide a much improved dining experience for residents living with dementia and or dysphagia.

Living well with dementia

Our residents living with dementia have every opportunity to continue with the daily activities that were such a formative part of their lives, and which makes them feel happy and fulfilled.

Our communal rooms and en-suite bedrooms are designed in accordance with research published by Stirling University's Dementia Centre, an international centre of knowledge and expertise dedicated to improving lives of people with the condition.

With our assistance or together with family members, residents can prepare drinks, snacks and meals, carry out housework or set the table. Of course, residents are also encouraged to participate in all organised activities in the home too.

Throughout the home, memory aids promote maximum independence and confidence. Our dementia friendly design features include strong lighting coupled with the use of colour and contrast for safety and perception, plus clear signage with icons to help residents find their way around the home.

WHAT MATTERS TO YOU,
MATTERS TO US

WHERE CARE AND COMFORT COMBINE

Forth Bay provides a luxurious, comfortable and homely setting which you will be proud to call home.

A room with a view

At Forth Bay there are 58 ensuite bedrooms with varying styles, sizes and aspects. Each bedroom is elegantly decorated and furnished whilst incorporating leading safety features.

Are you a keen gardener? Then a ground floor garden room may be ideal, with space for a chair or two, plus some potted plants.

How about an upstairs room with fabulous views from your balcony over the beautiful landscaped gardens? There's sure to be a room that you'll love.

A space of your own

While every bedroom is fully furnished, you are encouraged to bring your own personal pieces to make your room feel more homely. Our maintenance team will be happy to hang a favourite picture or two, to add those important finishing touches.

Safety is our foremost concern, so each room has a nurse call system in place, giving you peace of mind that you can alert a member of the team whenever you need assistance. We will also tailor the facilities in your room to your precise needs and wishes.

“The way my dad and everyone is treated as an individual and with dignity.”

Resident's Family Member



“The home is beautiful and great for organising
entertainment for their residents.”

Resident's Family Member

A LIFESTYLE YOU'LL LOVE

Moving into a care home is a new chapter in your life and we believe in enabling you to continue the hobbies you enjoy, rediscover forgotten interests, or try something new.

Tailored to you

We have a team of talented Health and Wellbeing Coordinators who will support you to be as active or sociable as you wish, meaning that there's plenty to do if you're keen to get involved. Taking guidance from you, they will plan varied and fulfilling activities to suit you personally. Even simple daily tasks that may be important to you like tending to garden pots or serving tea, we recognise that everyone is unique and so are the daily activities that people choose to do at Forth Bay.

Enjoy our stunning facilities

Within the home, our lounges are a popular place to entertain visitors or

meet friends for morning coffee or afternoon tea. We run regular Coffee Mornings too, which friends and family are welcome to join. Residents and visitors can also enjoy our lovely landscaped gardens, accessible all year round.

Explore the local area

We're always keen to hear your feedback and ideas for activities so we can ensure that you're enjoying each day to the full. There is a Residents' Committee that meets regularly where you can put forward ideas. You can read feedback from our residents and relatives in our comments book in reception or online.

Typical activities include:

- Visiting musicians and entertainers
- Regular Outings & Events
- Afternoon Tea
- Arts and Crafts
- Film screenings
- Coffee Mornings

WHAT MATTERS TO YOU,
MATTERS TO US

A FEAST FOR THE SENSES

There's always a buzz around the house at meal times. In fact, good food and great times are what life at Forth Bay is all about.

Menus designed around you

Our catering and hospitality team have in-depth knowledge of nutrition and hydration and one of our Chefs will meet with you when you first join us, in order to get to know you and understand your dietary needs and personal preferences. The catering and hospitality team sources seasonal and local produce and ensures that there are always plenty of tasty options to choose from. Special diets are easily catered for, including for residents who have difficulty swallowing, or need fortified meals. As well as exemplary nutritional monitoring, our dedicated care team ensures our residents have regular drinks and their weight is noted. These are recorded in care plans where appropriate. You can view our menus when you visit us or read a typical menu online.

Our team at Forth Bay holds the Hospitality Assured accreditation, a standard that recognises exceptional customer service.

Dine in style

The home offers different styles of dining, including formal, more relaxed spaces. You can also enjoy your meal in your room if you prefer. Whether you're a three-meals-a-day person, or prefer to eat little and often, our menus and snack options provide complete flexibility. You can start the day with a cooked breakfast or cereal and juices, followed by lunch and dinner or a light meal and snack.

Time to celebrate

Baking is a big favourite with residents at Forth Bay and afternoon tea always includes tasty homemade cakes. You're welcome to help yourself to soft drinks, tea and coffee from the serveries on each floor at any time, and there are always tempting treats on offer.

"I love to meet the residents when they move in to understand their dietary needs and personal preferences. All of our residents are involved in the menu planning on an ongoing basis."

Head Chef, Forth Bay



FREQUENTLY ASKED QUESTIONS

What is the ratio of staff to residents?

As everyone's needs vary, we will assess each individual and agree on the level of support and care required with each resident, family members, and healthcare professionals where appropriate.

Do I have to pay extra for entertainment?

No. The in-home entertainment, events and activities are based on the interests, preferences, and needs of residents. Therefore, we consider the range of lifestyle options available to be a part of their care planning in which good physical, cognitive, and social engagement can directly improve health and wellbeing.

Do you offer Room Service?

Yes we do and there is no tray charge for this service. Friends and family can join whenever you wish.

What are your visiting times?

Forth Bay operates an open door policy. Family and friends are always welcome and can see their relatives and loved ones as often as they wish.

Can I bring my pet?

Most pets are welcome to visit for the day by arrangement with the Home Manager.

Who decides on the menus?

Our Head Chef and the team have many years of cooking experience. They craft their nutritionally balanced menus using seasonal produce, and are guided by the feedback provided to them from our residents during their monthly hospitality meetings and individual care plans.

What is a care pathway?

Care homes that provide a combination of residential, nursing and dementia care are said to offer a 'care pathway'. Homes that offer all three are described as offering a 'complete care pathway'. Essentially, having a care pathway can allow a resident to remain at the same home should their needs change, without having to relocate to another service.

Why do fees vary based on duration?

A premium is added to the cost of respite care or a short stay. These residents enjoy all the benefits on offer to those who call Forth Bay their permanent home.

"I am very happy with the care my husband receives from all the staff. I feel my husband's care is very 'person-centred' for his needs."

Wife of Resident

WHAT MATTERS TO YOU,
MATTERS TO US

UNDERSTANDING CARE FEES

Our range of fees are determined to ensure the safety of our residents and the comfortable running of their home.

Our fees are competitive, reviewed annually, and can vary based on individual care needs, size or aspect of room, and duration of stay.

Fees quoted are per week and include medications management, retained GP services, weight, hydration and nutrition monitoring, plus regular and varied events and activities, wellbeing support and care and nursing in line with assessed needs.

Fees are payable in advance prior to admission and comprise of up to one month's care fees and a refundable deposit.

Depending on an individual's needs some funding assistance may be available. When you visit the home please ask about the allowances and how we may help you request any funding entitlements.

Local Authority Care Fees

Available for a resident over 65 years of age who does not have the required funds to pay for

their own care. These fee levels do not meet our requirements, however it is possible for other family members to 'bridge the gap' or 'top up' any shortfall, subject to assessment.

Attendance Allowance

If you receive free personal care at home you are eligible for attendance allowance, however, if you are in a care home and chose to receive free personal care payments you will no longer be eligible for attendance allowance after 28 days.

Free Personal and Nursing Care

Free personal and/or nursing care is available to adults in Scotland who have been assessed by the local authority as needing these services.

TAILOR YOUR OWN CARE PACKAGE

You can tailor your own care package to suit your individual needs and if you change your mind or your requirements change, then so can your care package.

Included in your weekly care fee:

Bedroom facilities

- 24 hr Nurse Call system in all communal areas and bedrooms
- Bedrooms with balcony/ garden view
- Integrated Mini fridges / Safes (selected rooms)
- Tea and coffee available in room

Dining

- Formal and relaxed dining as you desire/ Tray service available in every room
- Hot food available all day
- Seasonal menu options and personal meetings with our Head Chef

Getting around

- Lift to all floors
- Mini Bus

Housekeeping

- Housekeeping including window cleaning, laundry and ironing service

Keeping in touch

- Open door policy for visitors
- Free Wifi in selected areas throughout the home

- Telephone calls (UK)landline and land rental included

Outdoor facilities

- Visitor car parking

Outdoor space to enjoy

- Safe landscaped garden

Personal care advice/support

- Palliative care and family support at end of life
- Personal chaperone to medical appointments
- Personalised, individual care plans and a named nurse or key care worker
- Visiting GP Service
- Care and nutrition advice and support

Rooms to enjoy

- Conservatory
- Lounge / communal area
- Lounge drinks and snacks always available
- Dedicated activities room
- TV Lounge/ Smart TV (communal areas)

Also included in your weekly care fee:

- TV Smart TV (communal areas)
- Hair Salon
- Things to do
- Religious services can be arranged
- Pets allowed
- Dedicated Health and Wellbeing Coordinator
- Health and Fitness programme - Oomph!
- Planned activities schedule including visiting entertainers
- Planned excursions and days out to places of interest
- Entertain friends and family on special occasions

Special touches to consider

(excluded from your weekly care fee)

- Private transport can be arranged
- Occupational therapy, chiropody, physiotherapy
- Dry cleaning
- Floristry orders can be arranged
- Hairdressing (haircuts, barbering, colouring and perming)
- Manicures and pedicures
- Personal newspapers and magazines

There's help and support every step of the way. So no matter which care package you choose, you'll find your care plan and moving in is meticulously planned by our Home Manager.

GET IN TOUCH

We want you to make the right decision for you, and we're here to provide all the answers, advice and guidance you need.

Come and see us

By far the best way to find out if Forth Bay is the home for you is to experience it for yourself. Come and meet our residents, talk to our friendly team, and take a tour of our beautiful home.

Forth Bay, Walker Street, Kincardine on Forth, Fife, FK10 4NT

Call or email

Our friendly team is on hand to answer your questions between 8am and 7pm weekdays, 9am and 4pm Saturdays and 10am and 3pm Sundays on

Freephone 0808 223 5504

or enquiries@ariacare.co.uk

Find out More

You can read about our manager and their team plus see our latest news and events at

www.ariacare.co.uk/forth-bay

Other homes nearby

Like Forth Bay our other homes offer a range of quality care in stunning surroundings.

Beechwood Park, Alloa

Nursing | Nursing Dementia Care.



Hillview Court, Sauchie

Nursing | Nursing Dementia Care.



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