



HILLVIEW COURT

Care from the heart

 ARIA CARE



HILLVIEW COURT

We are proud to introduce our beautiful home, Hillview Court, located in Sauchie, Alloa.

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.

Hillview Court,, like all our homes, provides the latest in luxurious facilities, but it's 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 superb care to residents — a fact that is recognised in our resident and family testimonials.

Looking for a care home is an emotional and challenging time. We have decades of experience in supporting families to make the difficult decisions. 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.

“The only kind of dignity which is genuine is that which is not diminished by the indifference of others.”

Dag Hammarskjöld

Introduction

Hillview Court is a purpose built, specialist care centre affording a wide range of care options to both younger adults and elderly people within seven specifically designed self-contained houses.

The home is situated within a small residential community in Sauchie, Clackmannanshire. Built for purpose, Hillview Court provides a homely, yet practical environment in which specialist person-centred care can be delivered to younger adults with moderate to severe learning disabilities, individuals with

acquired brain injuries, elderly people who suffer dementia and elderly people who would simply benefit from a residential setting as a result of frailty.

First and foremost, Hillview Court is our residents' home and every aspect of daily life has been designed with this in mind. We focus on enabling all of our residents to continue to live a full and purposeful life.

This brochure aims to provide broad information about each of the services provided at Hillview Court. However a visit to the home will provide a real insight into the quality of care, accommodation and daily activities available to our residents.





Living with us

Hillview is a heptagon shaped, single storey building with a central atrium linking seven separate self-contained specialist care units, namely:

Primrose House

A Small, Friendly Dementia Community

Primrose House provides specialist dementia care to ten elderly people. It is a small and friendly community in which elderly people can receive person-centred care tailored to their specific needs.

The house has its own sitting room and dining area, and all bedrooms are fitted with en-suite shower

rooms. Four of the bedrooms benefit from direct access to a safe enclosed garden area, whilst the remaining six bedrooms have access to the gardens via a communal entrance. The garden is equipped with a summer house as well as raised beds and a vegetable garden patch which are used to promote therapeutic recreation.

Bluebell House

A Small, Friendly Dementia Community

Bluebell House provides specialist dementia care to eight elderly people. It is a small and friendly community in which elderly people

can receive person-centred care designed around their specific needs.

The house has its own sitting room and dining area, and all bedrooms have en-suite shower rooms. Three bedrooms benefit from direct access to a safe enclosed garden area, whilst the other five bedrooms provide access to the gardens through a communal entrance. The garden has a summer house with raised beds and a vegetable patch which are used to promote therapeutic recreation.

Gerbera House

A Small, Friendly Community for Frail Elderly People

Gerbera House provides personal care for up to nine elderly people who might struggle to cope living independently and who therefore benefit from support with personal care.

The house has its own sitting room and dining area, with each bedroom having its own en-suite shower room. Five bedrooms benefit from direct access to the safe and enclosed garden area, whilst the remaining four bedrooms have access to the garden via a communal entrance.



"I feel the capacity to care is the thing which gives life its deepest significance."

Pablo Casals

Living with us

Willow House

A Specialist Acquired Brain Injury Community and Rehabilitation Centre

Willow House is a specialist professional service for up to five adults, offering rehabilitation and recovery programmes to individuals who have been the subject of an acquired brain injury. The aim of Willow House is to support individuals to regain their lives following a difficult, and often tragic, period in their life.

As a small specialist unit, care and support plans are tailored and delivered to meet very specific individual needs – these often

include providing support to residents' wider support networks including family and friends.

Willow House has a rehabilitation kitchen equipped with laundry facilities to support residents in re-learning essential domestic tasks and life skills. Residents are also supported to access external day services including college, skills and social centres. Additionally, Hillview works closely with local health and social care professionals that include physiotherapists and occupational therapists whose support forms part of each individual's bespoke plan as appropriate.

Sycamore House

A Small Sociable Community for Adults with Moderate to Severe Learning Disabilities

Sycamore House provides a specialist service for up to five younger adults with learning disabilities who require intensive support with personal care.

The house provides a kitchen, sitting and dining room area where residents are able to socialise with each other as well as with friends and family members.

Bedroom space in Sycamore House is designed purposely to be large and spacious to provide ample space for any specialist equipment required to meet residents' needs. The main communal area leads onto a safe patio and garden area, which is used all year round.

Rowan House

A small Specialist Nursing Community for Individuals with a Moderate to Severe Learning Disability

Rowan House provides a specialist service for up to five individuals with a moderate to severe learning disability and complex health needs.

The house is equipped with a kitchen and a sitting and dining room area where residents are able to socialise with each other, their friends and family members. The bedrooms provide ample space for any specialist equipment to

meet residents' needs. The main communal area leads onto a safe patio and garden area, that is used throughout the year.

Maple House

A Small Specialist Nursing Community for Individuals with a Moderate to Severe Learning Disability

Maple House is a specialist service for six individuals with a moderate to severe learning disability and complex health needs.

The house provides a kitchen, sitting and dining room area where residents are able to socialise with each other, their friends and family. The bedrooms are large, providing ample space for any specialist equipment to meet residents' needs.

The main communal area leads onto a safe patio and garden area that is used through the summer months and during warmer days out of season.





"I love everything that's old, - old friends, old times,
old manners, old books, old wine."

Oliver Goldsmith

Activities

Hillview Courts' activities and outings are organised by the staff teams at the individual houses to ensure that activities are appropriate to the wide ranging needs of the respective residents.

Ensuring fulfilment through meaningful activity is a fundamentally important aspect of the holistic approach to care delivery at Hillview Court.

As each of the houses represent only a small resident population, activities for those with even the most complex needs are feasible.

When you visit Hillview Court, you can see copies of the home's past and present activity and outing programmes, and also be able to view photographs taken from the past year.

Hillview Court operates the 'Living' programme, that is designed to meet cognitive, sensory, physical, social and emotional outcomes through a '5 a day' approach to meaningful and stimulating activities.

Using this programme as a guide, our dedicated Health and Wellbeing Coordinator works closely with our residents to develop a fully personalised programme of activities and outings - both to suit their existing hobbies and interests and to offer opportunities for new experiences. The spiritual and faith needs of residents are also fully respected and catered for and Hillview Court regularly welcomes the local Clergy to the Home.

Our residents have access to their own dedicated café and the home plays host to a number of community events throughout the year including charity fundraising events and popular seasonal fayres. Our strong links with local clubs and associations ensure that Hillview Court remains at the heart of local life.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo F. Buscaglia



The professional care we offer

Hillview Court offers a range of short-term respite, convalescent and permanent care packages. The contemporary setup of the home provides an effective care pathway and the reassurance that our highly trained team has experience in providing a range of specialist nursing support in one location.

We carefully assess all of our prospective residents to ensure we can meet their specific care needs. A person-centred care plan is then developed, which sets out the tailored package of care and hospitality.

Led by our Home Manager and Registered Nurse, the Hillview Court care staff receive a high level of ongoing training in their specialist area of expertise. As such, all of our residents benefit from our wealth of expertise, experience and the close relationships we maintain with our local GP's, physiotherapist and health and social care organisations.

Hillview Court benefits from a robust approach to clinical governance. Our dedicated Care Services Team monitors and regularly inspects every home to a

level beyond the national standards set out by the Care Inspectorate.

Specialist Dementia Care

Hillview Court has two purpose built units providing dedicated care for people living with dementia.

Our experienced care staff who work in this area of the home are highly trained in the understanding and approach to different types of dementia

and the unit itself is ideally equipped to provide support for those living with different types of dementia, including Alzheimer's disease, vascular dementia, Parkinson's Dementia and Korsacoff's syndrome.

Residents living with dementia also benefit from a wide range of dedicated activities, tailored around hobbies, interests and life experiences. These activities include visits by dementia-specialist entertainers and group activities such as reminiscence and pet therapy.



“Don’t walk in front of me, I may not follow; Don’t walk behind me, I may not lead; Walk beside me, and just be my friend.”

William Arthur

Next Steps

Take a Look Around

You are welcome to call into Hillview Court at any time for an informal chat and to see the home for yourself.

You may wish to speak to the Home Manager to discuss your individual situation or needs and although an appointment is not necessary, it is often useful to call in advance to be sure that the Home Manager is available.

Care Assessment

Once you are happy that Hillview Court is the right place for you or your loved one, our Home Manager will arrange to visit you and complete a Care Assessment. This allows us to ensure we can meet your care needs and discuss personal preferences. This visit does not cost anything, but is essential to confirm that we can provide the necessary care environment for you.

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If you have any questions or require further information, please feel free to contact us at any time and we can support you through the process.
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