

Customised Residential care That gives you peace of mind and life your loved one enjoys

## Life in our home

Providing great quality care and well—being

#### Overview of our Care home

This guide gives you and your family a feel of what to expect when your loved one moves into one of your homes

"we're here to support you and your loved one"

#### Our daily mission

At Extrafriend homes our top priority is to provide tailored care to our residents that promotes daily living, health, well-being, quality of life and happiness.

#### Our team

Our staff team is trained, equipped and guided by our seniors and registered manager to deliver this consistently

#### Our motto is:

"We live to see smiles on the faces of all our residents"







### How can you help?

We love to see you visit your loved ones, because our experience tells us that your visit brings joy, wellbeing and enhanced quality of life to your loved ones.

Your visits help you to maintain close contact and life-long relationship with your loved ones. You can also choose to participate in some parts of their care as this personal touch brings great joy to your loved ones

# Other connections for your loved ones

Alongside visits from family and friends we encourage all types of visitors including members of the community, who can provide entertainment or support services.

#### Residents visit choices

Residents can choose to allow visitors to visit them either in their bedroom, private room, or spend time in communal areas.



#### Enjoyable Dining experience

We believe food is a key pillar of good health and joy of our resident's daily life. This is the foundation of our home's dining experience. Residents enjoy three lovingly prepared meals a day, along with homemade delicacies, all tailored through seasonal menus reflecting their tastes. Our kitchen staff takes great pride in their fresh preparations. Additionally, our care teams are always on hand to ensure that residents have access to a broad selection of food and beverages throughout the day and night, from either our kitchen or café















#### Promoting Well-Being Through Engaging Experiences:

Our mission is to create a life full of enrichment and choice for our residents. We take time to learn about each individual's likes, dislikes, and hobbies, providing activities that both align with their interests and encourage new discoveries. Our weekly activity schedules are designed to invigorate the mind, body, and spirit, encompassing community connections, international celebrations, diverse entertainment, exercise routines, spiritual services, and virtual engagements.

Residents can enjoy days out from the care home with their loved ones or via organised trips arranged to engage with the local community. We also invite family members to participate in our group activities, outings, and events.

Please contact your home anytime to learn about the available activities for involvement.





#### What happens before admission?

Our admission process is designed to warmly welcome new residents and their families, focusing on their well-being and comfort. This applies to both first-time joiners and returning residents. Our protocol includes getting acquainted with your needs, choices and preferences that becomes part of your tailored care plan, mandatory vaccinations for all residents and staff, and pre-admission COVID-19 testing to ensure everyone's safety.



#### Personalised care planning

At the heart of our service, is personalized care planning and delivery.

We engage with both the resident and their family to comprehensively understand their care and well-being needs. This collaboration helps us craft a care plan that addresses their personal, social, cultural, and health needs consistently. We highly value and encourage family involvement in the care planning process.

Our registered home managers are always available to address your queries about the care planning process and its implementation. This will alleviate any concerns regarding the lifestyle and care of your loved one in our home.





# Moving into our care homes

Our experienced team will collaborate with you to choose the most suitable day for moving in, offering support at each stage. The team will guide you on all the things that you can do to ensure a smooth transition, advising you on what to bring and always being available to answer your questions. On your first day, please feel free to bring family members to help you get comfortable in your new environment. Rest assured, our friendly staff will be on hand to assist and warmly welcome you to your new home.



Enjoying the beauty of Life

To choose your Extrafriend Home Click here