

Gladstone House short term assessment apartments



This short-term service will allow us to assess your care needs within a homely, supported environment with the goal of you returning home to live as independently as possible.

Your stay in the assessment apartments will be for up to three weeks. During this time, a team of health and social care staff will assess your needs and help with maximising your independence. Your accommodation and care will be provided free of charge for a specific period which your social worker will discuss with you.

If you still require ongoing support after your stay, your social worker will talk you through the different options.

The assessment apartments are located at the [Gladstone "Housing with Care Scheme"](#) in Newark. There is care team based onsite 24 hours a day, seven days a week which offer care and support to residents. This is provided by Fosse

Healthcare on behalf of Nottinghamshire County Council.

Everyone staying at Gladstone House has their own completely self-contained apartment, with their own front door. There are several communal areas



which are used by residents and their families and the main dining room, on the ground floor, provides your midday meal.

If you are not registered with a GP practice within Newark, then you will have to be temporarily registered with a local practice for the duration of your stay.

What should you bring with you?

The length of your stay at Gladstone house will vary but generally you will need to provide the following effects for your stay:

- Medication (3-week supply)
- Clothing for both day and night

- Footwear for both indoors and out
- Toiletries
- Bath and hand towels
- Toilet rolls
- Your prescription glasses
- Hearing aids and batteries
- Dentures (if required)
- Continence products (if required)
- Personal equipment, such as a walking frame, wheelchair, etc. Preferably these should be named to avoid being lost.
- Food for breakfast and tea time
- Tea, coffee, sugar, milk and any other drinking products
- Snacks
- Small amount of money

The assessment period

Working in partnership, your social worker or community care officer, occupational therapist and care provider staff will carry out an assessment of your daily needs across a 24 hour period. If necessary, occupational therapy equipment will be ordered to be used in your apartment and if you require this equipment at home, this will be arranged for you.

If we organise any meetings about your support, it is helpful if you can invite a member of your family or someone else who is supporting you.

During your stay

During your stay at Gladstone House, your midday meal is provided in the main dining room on the ground floor, or your

meal can be brought to your apartment. During your stay, your occupational therapist may wish to observe you making a meal whilst carrying out a kitchen assessment. If so, you will be asked to provide the ingredients for this meal.



Each flat has an electric oven and hob, fridge/freezer, microwave, kettle, toaster and washing machine.

Bed linen is provided during your stay and we will encourage you to change and wash it yourself if you are able. Otherwise the on-site care team will do this for you.

Each apartment has a TV installed. If the remote control is lost, you may be asked to pay for a replacement.

The apartment has a Careline System installed. The alarm button is a pendant which can be worn around the neck or wrist. Additional technology can be added to this system if during your assessment period you are assessed as needing these, for example, a door sensor, falls mat, etc.

Each apartment either has a Juliette, or open balcony so there will be a need to carry out a risk assessment to determine whether it is safe to have access to your balcony doors.

Gladstone House also has a hair and beauty salon which you are welcome to use. Charges are applied by the salon staff themselves.

Access/home visits

Before it is time for you to return home, you may need a visit with the occupational therapist so they can check your home environment is accessible and safe.

Visiting arrangements

Your family and friends can visit you at Gladstone House at any time of day during your stay. Access is via the intercom system at the main entrance and they can call your apartment telephone so you can let them in.

Medication

There is a lockable cupboard in the kitchen of the apartment where you can keep your medication so it is safe and secure.

Problems

If you have any problems during your stay, please contact the onsite care team initially who will ensure your difficulties are passed on to the right person.

Helping you once you are at home

Notts Connect service

The Connect service can help you by finding information about local services, activities and opportunities.

If needed, Connect staff can work with you around money issues, housing

problems, health management and other things. This short-term support will be tailored to your needs and will focus on achieving what you want in a way that suits you.

For Newark: 01623 488 217

Falls prevention

A fall can often result in a multitude of problems, including admission to hospital or residential care, loss of confidence or independence.

Falls are not an inevitable part of getting older and experts believe that the majority of falls could be prevented with tweaks to your lifestyle and environment and doing exercises to improve your strength and balance. The 'ENGAGE' programme offers a series of affordable exercise classes for over 55s.

Find out more:

www.nottinghamshire.gov.uk/falls

Handy Persons Adaptations Service

The Handy Persons Adaptations Service provides the help and support you may need to keep safe and secure in your home, with low-cost, high-quality adaptations and small practical jobs.

The service is available to Nottinghamshire residents aged 60 or over or who have a disability. The work is carried out by professional traders who have been approved by 'Checkatrade' in partnership with our Trading Standards Service.

The traders will carry out small jobs or minor adaptations to your home to reduce the risk of a fall or help you remain living independently.

For more Information about the service or to access the scheme, please contact us on:

0300 500 80 80 or email:
enquiries@nottsc.gov.uk

List of useful services

Age UK- 01623 488 217

Age UK Benefits Forms and Finances -
0115 8599209

Attendance Allowance - 08457123456

Byron House Mental Health Team –
0115 8760 155

Bishops Court - 01623862043

Call for Care (Physio, District Nurse,
Contenance Team Urgent 2-hour
response) - 01623 781899

David Turton Newark Distract Council
Major Adaptations Grants Officer –
01636 655610

Emergency Duty Team- 03004564546

Early Stroke Team/ discharge Team
01623 672112

Helping Hands Newark - 01636816515

Iris Team - 0115 8760 149

Intermediate Care Mental Health Team -
01636 685989

Kings Mill Hospital - 01623 622515

Metropolitan Connect Team Support -
01159 395 406

Meals at Home Service - 01623 490015

Mansfield Wheel chair service - 01623
705076

Nottingham City Hospital – 0115 969
1169

Newark and Sherwood Council - 0845
2585550

Newark and Sherwood Care Line -
01636 679466

Obam (temporary adaptations to access
property) 0115 977 2727 / 0115 993
4631

Oxygen Team - 0808 1439993

Premier Health Care (Single care
equipment) – 0345 521 1819

Red Cross - 0845 127 2911

START Team - 0115 804 1233

Stroke Team - 0115 883 5000

Single Point of Access - 0300 0830 100

Wheel Chair Services - 01623 785075

Meet the Social Care Team



Vicky Newham, Team Manager



Julie Brady, Social Worker



Christie Collins, Community Care Officer



Jenny Green, Occupational Therapist



Abby Hardy, Social Worker for IRIS



Lisa Hardy, Community Care Officer

Contact information

Phone: 0300 500 80 80 - Monday to Friday: 8am to 6pm (Calls cost 3p a minute from a BT landline. Mobile costs may vary).

Email: enquiries@nottscc.gov.uk

Website: www.nottinghamshire.gov.uk

Minicom: 01623 434993

Phone 0300 500 80 80 if you need the information in a different language or format.

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