

Castlemanor Nursing Home



Your care is our concern



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It's the people who really make a difference.

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Your care is our concern

A warm welcome awaits you at Castlemanor Nursing Home.

Castlemanor Nursing Home is a purpose-built spacious Nursing home, located on the outskirts of Cavan town. The home is a 71 bed facility with a dedicated 13 bed Dementia unit (called Lough Oughter). Castlemanor Nursing Home has deservedly earned a reputation as being one of the leading nursing homes in Co Cavan.

At Castlemanor Nursing Home you'll find dedicated, experienced staff delivering a range of quality individualised care for Residents in a relaxed homely environment. We offer the highest level of person centred care to all our Residents, over a 24 hour period, who require care, from minimal support and assistance to maximum Nursing care.

The mission of the management and staff at Castlemanor Nursing Home is to meet the needs of our Residents by providing them with the highest level of person centred care and service.

In a homely atmosphere, Castlemanor Nursing Home provides high quality individualised care, along with courteous, understanding, and friendly attention, enabling our Residents to enjoy a quality of life that meets their wishes and expectations.

At Castlemanor we offer long-term residential nursing care, specialised dementia care services, convalescence, and respite short stay.

Our vibrant community brings an enjoyable and caring atmosphere to the next phase of life. All our Residents have the right to privacy and are treated with the utmost respect and dignity.



This total caring concept is planned in such a way as to encompass the physical, emotional, social and spiritual needs of our Residents at all times. Our team is highly qualified and experienced , who give every thought to ensuring your loved one enjoys the best care while getting the most out of every day. The excellent standards of care are underpinned by a level of warmth and compassion.

Our commitment to continuous improvement means our Residents benefit from an ongoing quality programme, one that is person centred and quality of life driven.

Castlemanor Nursing Home has been awarded an NHI award 2017 for Innovations in Dementia Care.







Let us care for you

We understand that having a loved one move into a nursing home can be a big change for all the family. That's why we provide the help and advice you need, emotional and practical support. We believe in supporting each Resident and their family in any way we can especially if their needs or abilities change over time.

All members of our care team receive regular training to ensure they are up to date with good practice, including the latest techniques in supporting people living with different forms of dementia.

We provide 24 hour telephone access and you can visit at any time of the day or night. We are as keen as you to create a safe, happy, fulfilling life for your loved one.

At Castlemanor Nursing Home we offer a wide range of care services to meet individual needs of our Residents:

Residential Care

We provide long term care for Residents in private accommodation with special attention paid to a continuation of lifestyles of each individual person. Our aim is to ensure we become a new home for our Residents.

Dementia / Alzheimer's Care

At Castlemanor we have designed our home to have a frail elderly and dementia friendly environment. We provide our Residents with formal nursing care plans, help with the activities of daily living (ADL's), and personalised care designed to offer Residents as much mental and memory stimulation as possible. All our staff have received the latest certified training in how to provide person centred care and support for our residents with dementia, ensuring they are treated with the care and support they need to live a long and fulfilled life. Therefore, we work with our





Residents' and their families to get to know them and familiarise ourselves with their past life, experiences, passions, preferences and most importantly what is important to them and their loved ones now.

Lough Oughter Dementia Unit: This is a 13 bed dementia specific residence wing for those Residents with specific complex care needs related to their dementia. Lough Oughter has its own specifically designed dementia bedrooms, hallways, ensuite, sensory room, lounge, and dining room and a dementia friendly sensory garden and courtyard.

Convalescent Care

Convalescent & Post-Operative Rehabilitative Care assists individuals with recuperation and recovery after surgery or serious illness. Castlemanor Nursing Home is well known for this service through our links with our local acute hospitals including Cavan General Hospital and the community.

Respite Care

Respite Care is aimed at providing temporary relief to caregivers at home. Castlemanor has a long history of providing this service in the local community and with the HSE. It is our policy to pre-assess our potential Residents before they are admitted to our home. Castlemanor Nursing Home is registered with all the major medical insurance companies including the VHI and Laya Healthcare and Irish Life Health.

We can also arrange through the Medical card service or on a private fee basis, other services such as Chiropody, Occupational Therapy, Dietary, Optical and Dental care.

Castlemanor Nursing Home is fully registered with HIQA and the HSE.





Our Care Team

The Nursing, Caring, Catering, Domestic and Administration Team at Castlemanor Nursing Home is led by our Director of Nursing (Home Manager) who has extensive experience in the provision of both long and short-term care. Our staff are personally selected, caring, experienced and willing to cater to the individual needs of our Residents.

At Castlemanor Nursing Home we know that we distinguish ourselves through our Continuous Education Programme that our staff go through annually, so that we can continue to provide the highest levels of care. We strive

to provide a Resident centered approach to our care provision and care planning which includes extensive Dementia Care Training and new strategies and approaches.

Our team of Medical Doctors from local GP's provide regular weekly visits and we have an on-call system in place. Residents have the freedom to keep their own GP if they so choose, within the catchment area.

We also have access to Physiotherapy (assessments and individualized care plans for Residents), through Community Care or privately on a fee paying basis.

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Their excellent standards of care is underpinned by a level of warmth and compassion.

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Make yourself at home

As Castlemanor is a purpose built nursing home, meticulous thought has gone into its design so as to provide our Residents with high degrees of privacy and comfort. Our superbly finished bedrooms are fitted with bespoke furniture, a wireless call system and have private telephone points. All bedrooms have a flat screen television.

All rooms are ensuite and have been designed to afford easy access and facilitate assisted showering. The majority of our rooms are single, we have one double room available. Residents are encouraged to bring some of their own personal effects to Castlemanor in order to personalise their rooms.

The home has been designed as a frail elderly and dementia friendly environment including bedroom and ensuite design, small cosy lounges and dining rooms, specialised lighting, signage and sensory gardens. Castlemanor is set over two floors and is fully wheelchair

accessible, and some bedrooms enjoy a courtyard garden view. The home is designed to provide “small group” environments and we have various lounges and dining rooms within the home. We want our Residents to benefit from a cosy and safe ambience.

Among the facilities available we have a hairdressing salon, an oratory, a visitor's room, a coffee dock, a magnificent activities / function room, and a comfortable welcoming entrance reception area. We provide a full complimentary laundry service.





Keep active and have fun

Day to day living at Castlemanor Nursing Home is primarily about our Residents. We call it activity based care and it's at the heart of everything we do at Castlemanor Nursing Home. We believe a managed social activities program plays a key role in ensuring our Residents live their life to the full in their home. We endeavor to provide a wide a range of activities as much as possible to cater for physical, emotional and spiritual needs of the Residents.

The Activities Program run by our dedicated Activity Coordinators and staff include the following:

- Reminiscence Therapy
- Pet Therapy
- Knitting Club
- Regular Live Musical Entertainment (weekly)
- Exercise class assisted by the activity co-ordinators
- Baking
- Gardening
- Craft Demonstrations
- Bingo, Board Games
- External Trips to local areas of interest, shopping, theatre, variety shows, trips to parks etc.
- Summer Family themed party
- Card Games
- Movies
- Sonas Therapy, dedicated Communication Sessions for those Residents with Dementia
- Imagination Gym
- Doll Therapy
- Forget-Me-Not-Café last Wednesday of every month in Castlemanor Community Centre
- Yoga classes in Community Centre weekly
- Access to COPD and Parkinsons exercise classes in the Community Centre



Newspapers are delivered daily and free WIFI is available. Mass is streamed daily. Weekly mass in oratory (Fridays). Other religious preferences are facilitated.

Many of our activities create bonds between our Residents and Staff. Following assessment of our residents we will encourage personal interests and hobbies as much as possible.







Making Every Meal a Treat

The chefs at Castlemanor Nursing Home pride themselves on producing fresh, seasonal and delicious meals every day.

Dining at Castlemanor Nursing Home is a social experience to look forward to and be enjoyed by all. Our experienced Chefs prepare menus which comprise fresh, seasonal ingredients so that every meal is not only nutritious but also looks great and tastes delicious. Meal times are also an opportunity for socialising with fellow Residents.

There is a choice available every day and the dishes we prepare reflect and include the likes and requests of our Residents as well as their

nutritional needs. The chefs provide Residents with a choice of homemade dishes and freshly baked goods each day which Residents can choose to take in our dining room or, if they prefer, in the comfort of their own room.

All of our menus have been nutritionally analysed in order to support the promotion and delivery of healthy eating for older people, including those with Dementia and eating difficulties.

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Everyone looks forward to meal times.

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We are here to help

We hope you like the sound of what Castlemanor Nursing Home has to offer but appreciate that there is lots to think about.

You are more than welcome to visit Castlemanor Nursing Home and meet our team. Please contact the Director of Nursing in order to arrange a tour.

Get in touch with us to find out how we can help answer any questions.

T: 049 4327100

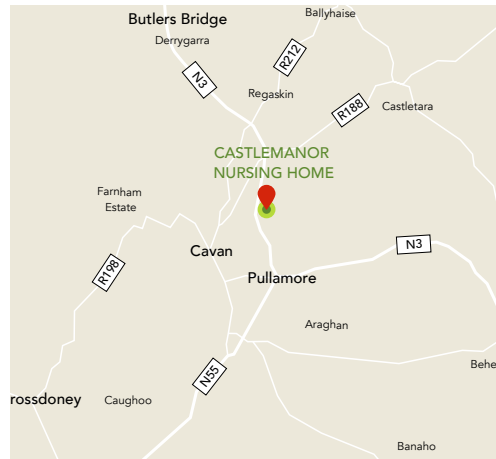
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*A fantastic team who make the atmosphere
that of a large family.*

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Castlemanor Nursing Home

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TRINITY CARE

Costern ULC t/a Trinity Care is the Registered Provider of Castlemanor Nursing Home