

Sunnydale Residential Home Welcomes you to our Dementia Care Unit



- View our innovative ideas including the sensory garden room and ‘your own front door’ concept.
- All rooms en –suite and individually furnished
- Person centred care based around the concept of “Life Story” books ensures the very best of individually planned care
- All staff trained to meet the special needs of dementia sufferers
- Clear signage used throughout the Suite aid orientation

The Dementia Care Suite was born out of the desire to meet the changing needs of the elderly on the Isle of Man. It is our aim to provide those elderly people with dementia who need residential care to be cared for in a safe but stimulating environment where they can still live their lives as the person they have always been. A lot of research has gone into developing the Dementia Suite including advice from Sterling University deemed to be a centre of excellence in this fascinating field

The central core of our care is based on the importance of the “Life Story” of the person who enters onto care on the new Suite. The more we learn and know of their past the more able we are to ensure we are able to provide a worthwhile present and future tapping into their life experiences . In this way true person centred care can flourish.

We clearly are not a purpose built unit but every endeavour to comply with current thinking and practices and design have been followed wherever possible. For example:

- all beds where possible have been placed in such a position that the person in bed can readily see where the toilet is situated, where this hasn't been possible the problem has been overcome by placing a second toilet sign on the inside of the toilet door
- red toilet seats are in place to assist the resident in recognising the toilet, recent research has shown that red is the last colour the person with dementia will recognise
- Floor coverings have been kept plain and a consistent colour maintained between the bedroom area and the bathroom

The size of the new suite, we only take seven residents, makes for a more “homely” life style and helps alleviate the fear of the person with dementia being thrust into a large group dwelling and being constantly faced with a lot of people they don't know or indeed wish to be with.



The Suite consists of seven single en-suite bedrooms with one bedroom having its own lounge. All rooms are comfortably and individually furnished. All bedroom doors are different in colour and each has a clear sign in a contrasting colour showing both the picture of a bed and the word "bedroom" to try and aid each resident being able to find their own room. This is further achieved by placing a "memory box" on the outside of each bedroom door in which the resident will be encouraged to fill it with a photo they recognise as themselves along with memorabilia special to them.



All bedrooms have our innovative “own front door” concept in which each bedroom has the appearance of a front door complete with brass door knocker.

Residents and their families will be encouraged to add as many personal items to the bedrooms as they wish and in doing so will encourage a safe haven complete with familiar belongings.

Activities form an important part of life in our Dementia Suite and are designed to:

- Improve and maintain memory, motor skills and hand-eye coordination
- Foster feelings of personal accomplishment and boost self-esteem
- Maintain social skills and increase participation in the community
- Tone muscles, improve circulation and relieve tension.

Many activities we do can be adapted to suit those people suffering from dementia whilst others are designed specifically for example Ben’s Puzzles The puzzles are made from a plastic that creates a long-lasting, durable, flexible and easy to clean puzzle piece, each piece looks like an ordinary jigsaw segment but they are chunkier and easier to handle. The edge of the picture is already complete and the background is designed to help people with deteriorating eyesight. Most importantly the pictures on the puzzles are age appropriate. Many other activities have been researched and designed to meet the needs of Dementia sufferers



The Dementia Suite also boasts a stunning sensory Garden Room and Beach themed activity room. The Garden Room provides a calm interesting tranquil and relaxing space bringing the outside in to the inside throughout the year. This room again provides ample seating areas and an indoor planting area and has direct access to a small courtyard area. The Beach themed activity room is designed in such a way that activities can take place in small groups taking away the fear of "who are all these people?" This also enables individual preferences and needs to be taken into account and provides a stimulating environment with many sensory aids.



You will find a variety of "rummage boxes" throughout the Dementia Suite. Essentially these are boxes, books, containers or indeed a wire bust containing objects that may interest a person with dementia. It is important to realise that these rummage boxes will be untidy and that is a good thing as it shows that people are using them and engaging with its contents



A Hairdresser's Salon completes the Dementia Suite; taking pride in our appearance is an important aspect of our day to day life and is part of normal living. The Hairdresser visits the Home each Friday where residents can sit and have a cup of coffee while having their hair done



The Dementia Suite also has a bright and sunny lounge area with ample seating and dining space. The large windows flooding the lounge with natural sunlight.

You will see a wide range of dolls and teddy bears in the lounge these can help people with Alzheimer's disease interact and communicate with others, researchers have found. They have also been found to reduce aggression and agitation.