



CARE | COMFORT | COMPASSION



HISTORY

Central Park Nursing Home was opened in 1999 by Proprietors Tommy and Caroline Maguire who returned to Ireland after working for over 20 years in New York.

While in New York, Caroline studied to become a registered general nurse and began her career working in Bellevue Hospital in New York City. She then branched off into private nursing and this is where her love of caring for the elderly began.

Always wanting to return to their home in Ireland, Tommy and Caroline decided to bring their dream of opening a nursing home in Clonberne to life.

With the help and support from their family, friends and the community of Clonberne, this dream became a reality and Central Park opened its doors for the first time in November 1999.

Since then, Central Park has grown and flourished and it opened its latest state of the art extension in February 2012.

CENTRAL PARK NURSING HOME

Central Park Nursing Home is a purpose built, family run, Nursing Home with specialised Dementia Unit 'Memory Lane'.

It is set on 3 acres of land and gardens in Clonberne, Ballinasloe, Co. Galway.

Central Park Nursing Home has a capacity for 64 residents and accommodates both female and male residents over the age of 18 years.

Our new state of the art extension is open and registered by the Health Information and Quality Authority (HIQA).

Care needs:

- General care
- Rehabilitation
- Chronic mental illness
- Chronic physical illness
- Dementia
- Physical disability
- Intellectual disability
- Social reasons and palliative care
- Neurological conditions





MEMORY LANE

Central Park Nursing Home can be divided into two sections: Resident's Home and Memory Lane.

Central Park Nursing Home provides long term care, respite and short-term holiday care.

Memory Lane is our specialised facility for residents who suffer with Dementia, which is staffed separately to the rest of the home. Here, you will find their own personal kitchen and sitting room to sit back and enjoy a cup of tea.

These rooms have been decorated keeping in line with the needs of our residents with Dementia by keeping the living area as old fashioned looking and homely as possible.

We have used specific colours that are in agreement with our residents. You will find hats and scarves throughout the halls hanging on the walls as you would in your own home.

Just off Memory Lane is Market Street. Here, you can walk up the gravel and grass covered path where you will see the beautiful murals of shops, churches and post offices of local towns such as Clonberne, Dunmore and Tuam painted on the walls.

Central Park Nursing Home based their whole new extension on the learnings of Dementia Care Matters after our Proprietor, Caroline Maguire and Director of Nursing, Stella Grogan completed studies and were awarded with Diplomas from their learnings. Caroline has a keen interest in Dementia and has furthered her education by doing a Masters in Dementia from Trinity College, Dublin. The teachings of this course has been passed on to all our staff for the benefit of our residents who suffer with Dementia.

Thanks to Dementia Care Matters we have seen a huge improvement in our residents with dementia. It's amazing how the little things like rummage drawers, hats and jackets hung on the wall, or even colours can help someone feel more relaxed and comfortable.

"The pictures on your page are amazing and really make us smile here at Dementia Care Matters. Your care home is truly an example of what it means to improve the quality of life for those with dementia!"

- DEMENTIA CARE MATTERS





TRAINING

Providing our staff with the right training is essential to ensure care is given to the highest standard. We here in Central Park have a thorough induction process which involves the following:

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| Fire Safety | Challenging Behaviour |
| Manual and People Handling | Dementia Care |
| Infection Control | Nutrition and Diet |
| Elderly Abuse | Medication Management |
| Dying, Death Bereavement | Care Planning |
| Person Centred Care | CPR and First Aid |
| Principles of Care and Confidentiality | |



Central Park Nursing home provides refresher training on an ongoing basis and partakes in off-site training also.

The following is a list of key policies and procedures that inform practice in Central Park Nursing Home and these are available on request from the Person in Charge.

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| Admissions Policy | Falls Management Policy |
| Assessment and Care Planning Policy | Infection Control Policy and Procedures |
| Behaviours that are Challenging Policy | Management Cognitive Impairment Policy |
| CCTV Policy | Management of Communication Needs |
| Clinical Governance Policy | Medication Management Policy |
| Complaints Policy | Mood Disorders |
| Continence Care Policy | Moving and Handling Policy |
| Delegation and Supervision Policy | Consent and Advocacy Policy |
| Discharge Policy | Records Management Policy |
| Dementia Care Policy | Residents Accounts and Property |
| Elder Abuse Policy | Nutrition and Hydration Policy |
| End of Life Care Policy | Oral and Dental Care Policy |
| Pain Management Policy | Risk Management Policy |
| PEG Policy | Sexuality and Intimate Relationships Policy |
| Policy for Administration of Oxygen | Subcutaneous Fluids Policy |
| Positive Risk Taking Policy | Suicide and Self Harm Policy |
| Privacy and Dignity Policy | Supervision of Residents Policy |
| Promotion of Psychological Well Being | Venepuncture Policy |
| Resident Elopement Policy | Violence and Aggression Policy |
| Restraint Use Policy | Volunteers Policy |
| Resuscitation Policy | Whistleblowing Policy |
| Wound Care Policy | Recruitment and Selection of Staff |
| Hydrotherapy Pool Policy | Smoking Policy |
| Staff Training and Education | |



Central Park Nursing Home facilities

Hydrotherapy Pool	Chapel	Enclosed courtyard and gardens for dementia care
Therapy Room	Sitting Conservatory	Barbecue Area
Treatment Room	Cinema / Conference Room	Garden walkways and seating areas
Visitor's overnight stay room	Small shop	Open Carvery serving area from the new and enlarged kitchen
Manager's Office	Library	
Hair / Beauty Room	Activity room	
A selection of day rooms and dining rooms	Free wifi connection throughout the building	



FACILITIES

There are 4 intimate dining rooms to enjoy a superb choice of dishes prepared by our kitchen.

Feel free to go up and choose from our fine carvery dinner. After dinner, why not relax in one of our many living rooms and catch up on a few soaps or the latest football matches.

Enjoy the peaceful environment of our chapel where the Rosary is said every evening.

You can always relax in our calm and healing therapy room complete with a heated musical water bed and look up at the tranquil constellation projected on the ceiling while listening to the soothing sounds of nature or music of your choice.

If you enjoy kicking back with a good movie and some treats, then our cinema room is the place for you.

Central Park Nursing Home also offers the use of a cutting-edge Hydrotherapy Endless Pool that was shipped over from the United States.

This pool provides a constant adjustable current for the swimmer to swim against creating a water workout incorporating hydrotherapy into a recovery programme or general fitness. The adjustable level of difficulty makes an endless pool suitable for people at all levels of swimming ability. Work along with our on-site Physiotherapist to design the best programme to suit you.

Central Park Nursing Home has beautiful landscaped gardens; listen to the tranquil sounds of the waterfall with seating available in a colourful flowered garden. We have a large pond and you may walk over the bridge to a seated barbeque patio, where we have barbeques and picnics weather permitting.

Visit our resident's pet farm where you will see chickens and ducks; Or view our enclosed courtyard with seating and a garden with a glasshouse. Here residents can enjoy doing their own gardening.

Day Care

Central Park Nursing Home also offers a Day Care Service to those who wish to avail. If interested please contact us and we will be happy to assist you personally.



DINING IN CENTRAL PARK

Breakfast

Assortment of cereals, homemade bread/scones, yoghurts, toast and fruit all served with tea, coffee or fruit juice in the dining room from 8 am to 10 am or brought to your room if you wish. You may also request a grill.

Lunch/Dinner

The main meal of the day is available in our dining rooms at 1 pm. Again, staff are available to help as necessary. Menus are planned with your health in mind and after discussion with Residents. Special diets are also catered for so please let us know your favourite foods, as well as any that you prefer not to eat.

Your compliments, comments, or otherwise are passed on to the Cook and other kitchen staff. If you are going out and would like us to save you a meal, please let us know. If you plan to miss a meal or would like to book a meal for visitors, please let us know.

Tea/Supper

The evening meal is served at 5 pm. Again, choose the foods and amounts that you would like. Staff are available to help.

Snacks and Drinks

Facilities for snacks and drinks are available in the resident's kitchen and in the dining area. These can be used as desired for yourself and visitors. If you need anything from the kitchen please ask a member of staff. Mid-morning and afternoon refreshments are served in your room or main lounge.



ACTIVITIES

We are proud of our activity programs here in Central Park Nursing Home. At the heart of any nursing home is the activity program it has for residents, it is an integral part of person centred care.

All members of staff are highly trained and intuitive to the needs of each of our residents including those suffering with dementia.

Memory Lane is Sonas approved with a Sonas Licensed Practitioner who delivers several communication type activities for people with dementia and for the older person.

The Sonas programme is a therapeutic communication activity for older people and for those with dementia, which focuses on sensory stimulation, in belief that the senses are the gateways to communication.

Benefits of a Sonas Group Session

- Enhancing Communication
- Raising awareness of surroundings
- Encouraging initiative, relaxation and interaction
- Promoting self-worth, agency and empowerment
- Giving people quality time
- Focusing on individuality and abilities
- Stimulating long-term and procedural memory
- Creating real connections
- Offering the opportunity of sense of belonging.

*Other benefits of Sonas include:
Individual Sessions, relaxation touch to music*

Central Park Nursing Home also has a Chartered Physiotherapist, on site 2 days a week, who will assess your needs and provide one to one and group sessions.

A Chiropodist comes every 6 weeks to care for our residents.

Our hairdresser comes every week along with our Arts and Crafts teacher.

Any other service you wish to avail of can be arranged for your convenience.

External Activities

Central Park Nursing Home is situated in the centre of the thriving village of Clonberne. The nursing home is serviced by a nearby shop, restaurant, several public houses, a community hall, church, credit union, beauty salon, hairdressing salon and a local children's national school.

Here, in Central Park Nursing Home, we organise frequent day trips for our residents to surrounding places of interest, such as Knock or Galway City. Transport is provided free of charge. We also assist you in participating in external activities like Bingo or card playing in the local community hall (this will incur a additional fee).



LOCATION

Central Park Nursing Home is situated in the heart of Clonberne.

Clonberne is a quaint village in North East Galway and driving distance from local towns:



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