



Your guide to **Thistle Care Home**

A Danshell Service



About Thistle Care Home



Thistle Care Home

119 Americanmuir Road

Dundee

DD3 9AG



01382 819910

Danshell runs Thistle Care Home. Thistle Care Home is in Dundee. Dundee has



shops



cafes



churches



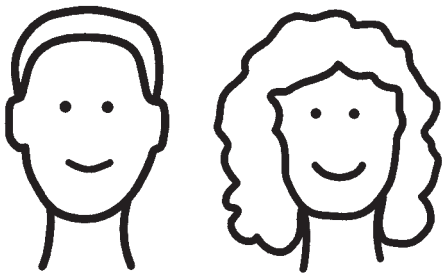
museums



Living at Thistle Care Home



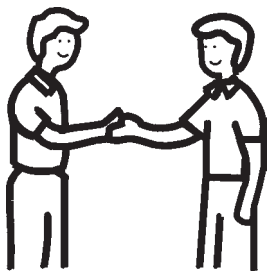
Thistle Care Home is a residential service. We have support workers and nurses who can give you the support you need.



If you are

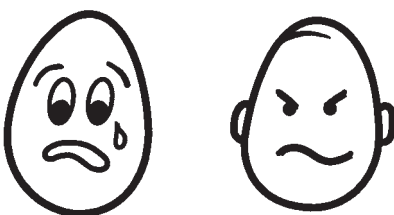
- a man or a woman
- 18 years old or older

you can live at Thistle Care Home.



If you have these things we can give you the support you need

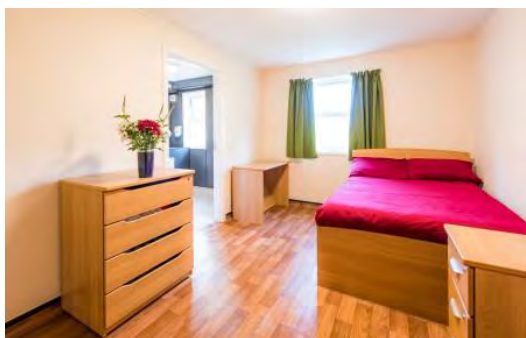
- a learning disability
- mental health problems which means you get really stressed or unhappy.





We are looking forward to meeting you.

Your friends and family can visit you at Thistle Care Home.



You will have your own room.

You can bring things like pictures or ornaments to decorate your room.



You will have your own bathroom.

You will not have to share your bathroom with anyone else.

Thistle Care Home also has



a lounge



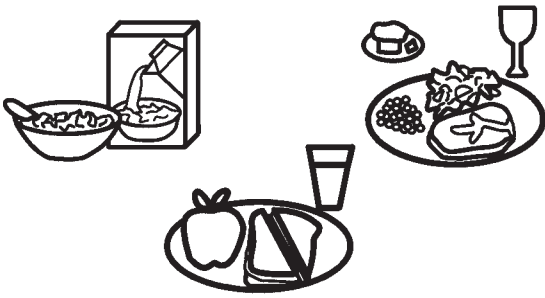
a kitchen



a dining room

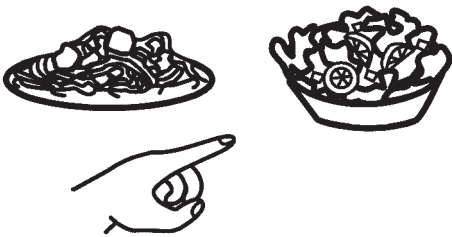


Food and drink



You can eat breakfast, lunch and dinner at Thistle Care Home.

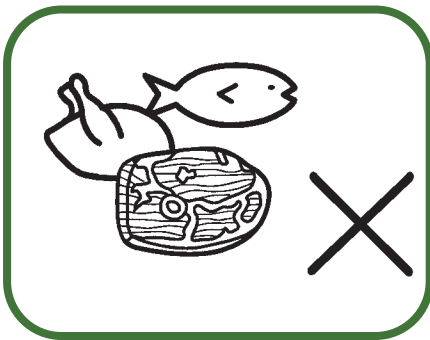
You can get snacks and drinks too.



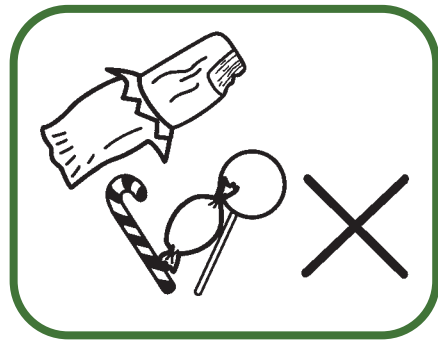
You can choose different things to eat.

If you need special food you can get that too.

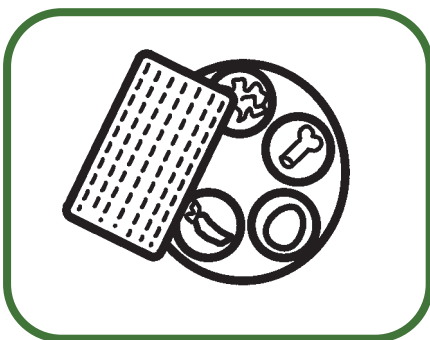
This could be things like



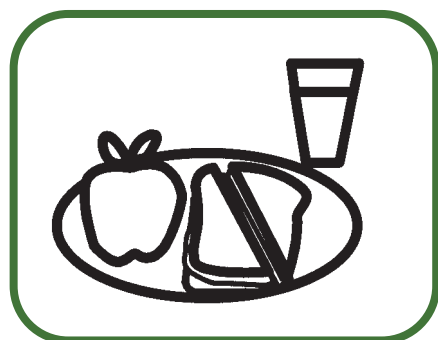
Vegetarian food with no meat



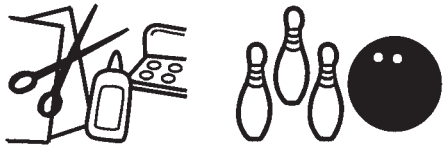
Diabetic food with less sugar



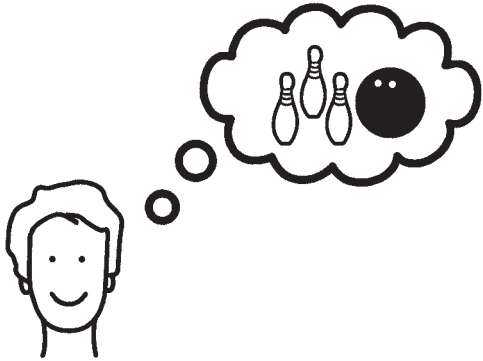
Kosher or halal food



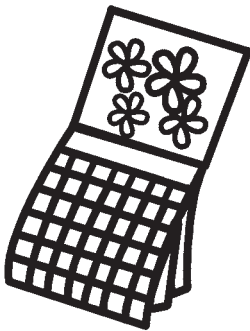
Healthy food with less fat



Things to do



The activity coordinator helps you plan activities and things for you to do.



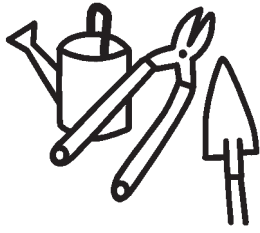
There are activities every day.



You will get the support you need to

- make choices
- try new things
- do as much for yourself as you can.

You can do activities like this



- gardening



- college



- life skills like washing your clothes and cleaning



- keeping healthy



- cooking and baking



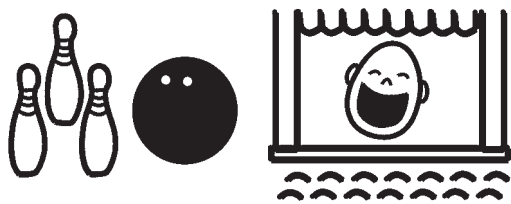
- keeping safe when you are out and about



- art classes at the art centre

- Shopping

You might also do activities like this
in the evenings or weekends



- bowling
- bingo
- cinema
- Zumba
- swimming
- shopping
- meals out
- shows
- other things.

You can also do these things when
you want to



- listen to music
- watch tv
- read
- phone your friends and family
- other things.



People who support you



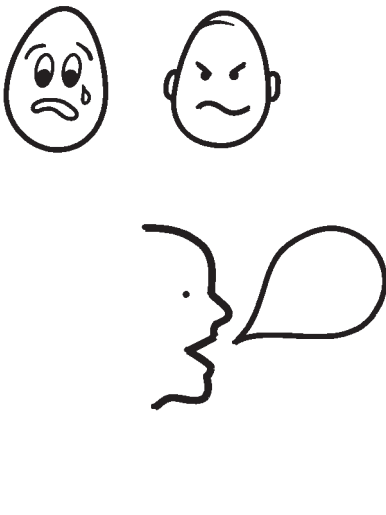
The people who support you at Thistle Care Home have good training and know how to help.



Nurses and support workers are here to support you all day and all night.

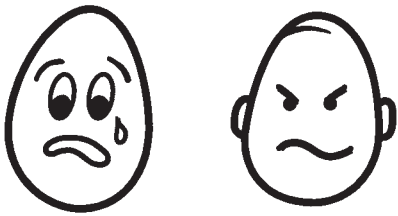


You will have a named key worker. This is a support worker who knows you really well.



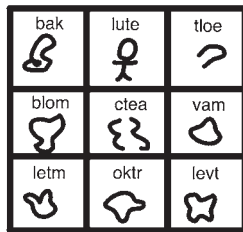
You can also get support from these people if you need to

- psychiatrist
- speech therapist
- occupational therapist.



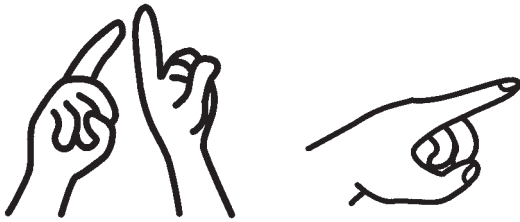
Your psychiatrist is a doctor who helps you with mental health problems.

Your speech therapist helps you to communicate.



This could be

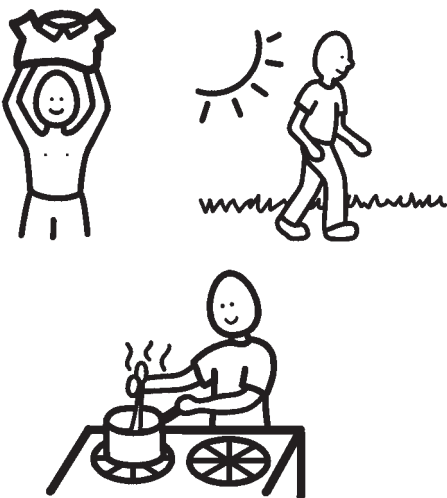
- talking
- using pictures or symbols
- signing
- other ways that you communicate.



Your occupational therapist helps you to be more independent.

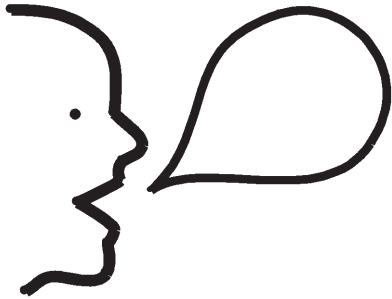
This could be things like

- getting dressed
- getting out and about
- making your own food.



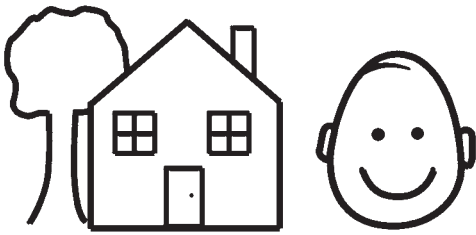


What happens before you come here

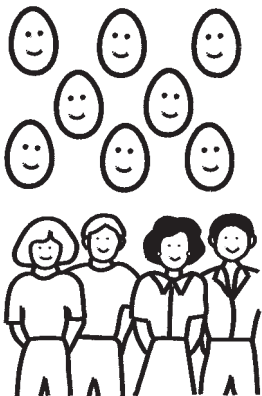


If your social worker thinks you should come to live at Thistle Care Home they will tell us.

This is called a referral.



We want to make sure that Thistle Care Home is right for you.



You can come and stay at Thistle Care Home for a day to see if you like it.

You can meet

- the people who live here
- the people who will support you.



You can try the food.

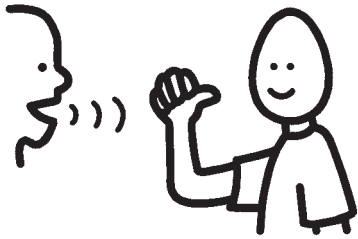


What happens when you come to live here



Care planning

We will help you do a person centred care plan.

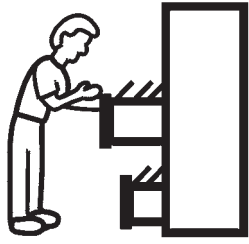


Someone will spend time with you. Together you will find out what is important to you. This will help us plan support that is just right for you.



We have integrated care pathways. This means that everyone involved with your support or treatment works well together.

We have meetings and share information to find the best ways to support you.



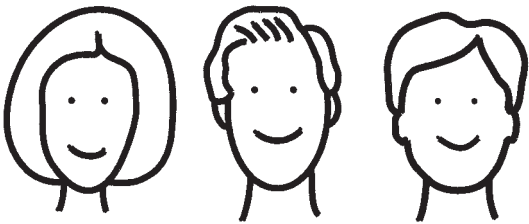
We keep any information about you private.

We will only show the information to the people we need to.



We will have regular meetings with you and these people

- your mum and dad or family



- your social worker

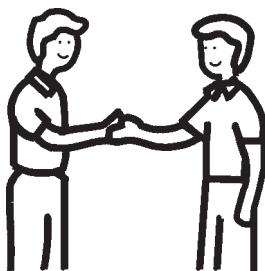
- people who support you at Thistle Care Home.



We will talk about your support and the activities you do at Thistle Care Home.



We will make sure you are getting the right support.





People who support you



The people who support you at Thistle Care Home have good training and know how to help.



Support workers are here to support you all day and all night.

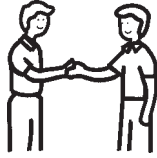


You will have a named key worker. This is a support worker who knows you really well.

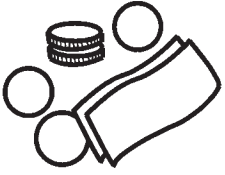


You can also get support from these people if you need to

- psychiatrist
- speech therapist
- occupational therapist.



Paying for your support

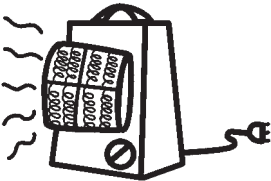


Danshell gets money to pay for you to live at Thistle Care Home.

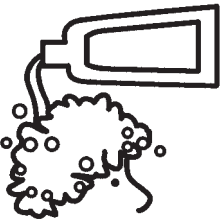
The money we get pays for these things



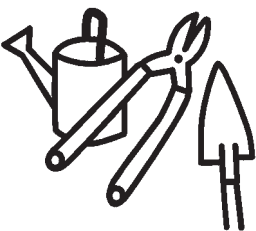
- your food and drink
- people to support you

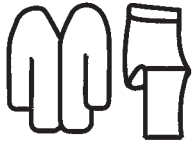
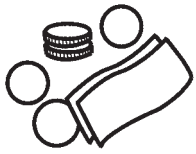


- heating
- lights



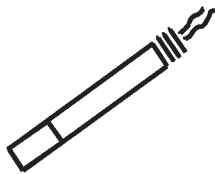
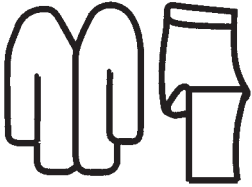
- washing your clothes
- things to do every day



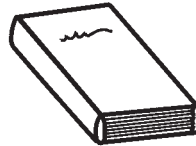
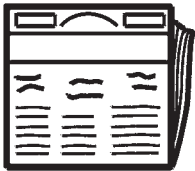


Paying for other things

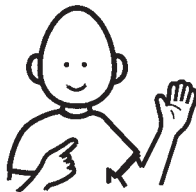
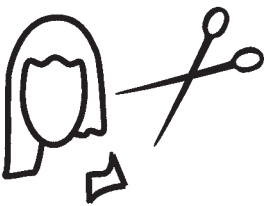
You have to use your own money to pay for these things



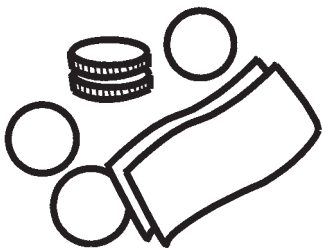
- clothes
- cigarettes



- newspapers
- books

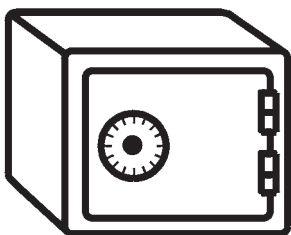


- toiletries
- getting your hair cut
- extra activities you want to do.



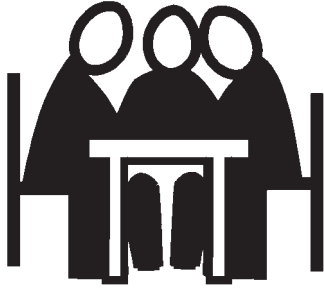
We will help you to keep your money safe.

We can help you to budget and keep your money safe.

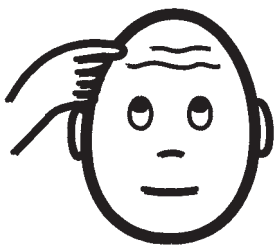




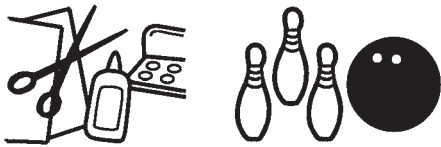
Having your say



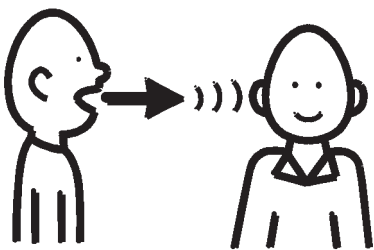
We have a service user meeting every week at Thistle Care Home.



You can tell us what you think about Thistle Care Home.



You can help to plan outings and activities.

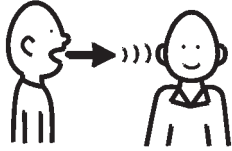


You can talk to an advocate too.

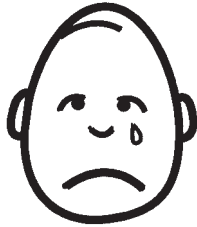
Advocates are people who help you have your say about what you need and what you want.



Your advocate works Central Advocacy Partners.

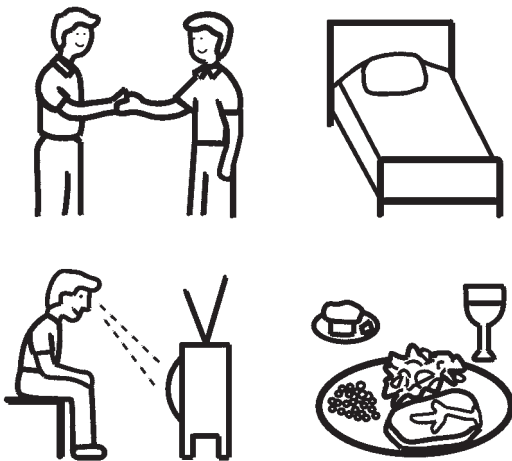


Your right to complain



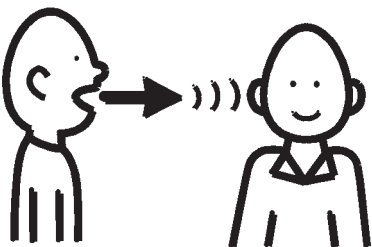
We want you to tell us about anything you are unhappy about at Thistle Care Home. We will try to sort it out. This is called complaining. Complaining helps us to make things better.

You can tell us about anything about Thistle Care Home.



This could be

- people who support you
- your room
- things you do during the day
- food
- anything else.



You can find out more in a leaflet called Let's think about making a complaint.



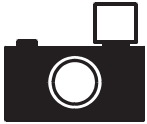
Easy words and design by Clear

www.clearforall.co.uk



Symbols by Mayer Johnson

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Thank you to Ydam for photographs of Dundee.

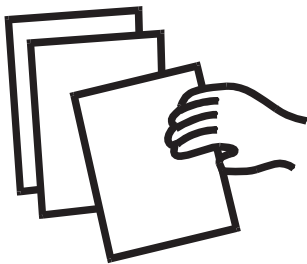


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You can get more information in these leaflets

- Let's think about making a complaint
- Let's talk about making decisions
- Let's talk about how you feel if you see a restraint
- Let's think about safe holding
- Let's think about your rights
- Let's think about advocates
- Let's think about bullying
- Let's think about door alarms
- Let's think about key workers