

Mount Hermon – the very best in dementia care



If someone dear to you suffers from dementia, it's perhaps not unreasonable to think of it as the end of the road. But those who work with EMI patients (Elderly Mentally Infirm) agree there's plenty that can be done to ensure people with dementia can still lead fulfilling lives and continue to make decisions. No-one understands this better than the family team at Mount Hermon

EMI Care Home in Lancing. It's been run by two generations of the Gray family for 30 years, and Wendy, Mark and Jade are completely dedicated to person-centred caring.

"Looking after people with dementia is all about extending their ability to make choices for as long as possible," says Jade. "So we always ask 'would you like tea or coffee?' - even when we're pretty

sure we won't get an answer. Dementia residents do have memory moments, and one day that answer may just pop out."

At Mount Hermon the team recognise that 'you are what you eat', and that good food feeds the brain.

"A varied, interesting diet is tantamount to maintaining good health," explains Jade.

"Presentation, look and smell are very important for people with dementia, as they often lose interest in food, particularly in the early stages. We pride ourselves on good, home cooked traditional food – and we're introducing a menu choice at dinner, with photographs of the dishes available, as an added incentive."

People with dementia like to

wander, and this can be dangerous if not properly monitored. At Mount Hermon security is top priority, with a state of the art system in place to ensure no-one is able to wander outside. There's plenty of freedom within the house, however, with colour coded handrails in corridors and hallways. And the delightful garden is completely secure, with an open door on warm days, so residents can wander out for a stroll or sit with a cup of tea.

"Every individual is unique, and because a person develops dementia it doesn't mean they lose their individuality," says Jade. "We know they can still appreciate crisp cotton sheets in bed, a lovely dinner or flowers in the garden on a sunny day. Helping people to stay active and make choices in their lives is the very best way to benefit those with dementia."

Mount Hermon has an excellent seafront location at 87 Brighton Road, Lancing, with marvellous sea views. It has 29 bedrooms, including one double, and most have en suite facilities. If you'd like more information on everything Mount Hermon has to offer, call the Gray family on 01903 752002 or email mount.hermon@btconnect.com.



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- Computer training on Monday, Wednesday, Friday 9-5.30pm and Sundays 9-4.30pm, just pop along and have a chat with Sheena the tutor or call her on 01903 703 171.
- Pension advice on Tuesdays 9.30-12.30pm
- On Wednesday at 2pm a creative writing group called "The Worthing Wordsmiths" meet, new members welcome.
- Social club that meets on the first Tuesday in the month with guest speaking on a topic of interest. All welcome, refreshments available. Forthcoming talks are:
 - Tuesday 1 April at 3pm. Slide show with John Lynch on the changing seasons of the Lake District. This talk is £1 per person.
 - Tuesday 6 May at 3pm. Talk by Jane Dore from the Worthing Reference Library. Jane will be talking on what a modern reference library does. This talk is £1 per person.

You need to book your place in advance for talks as places are limited. Ring Ruth on 01903 703 118 now to book your seat.

Worthing homes now have a new meeting room available for letting with 3 computers to small groups, ring Sue or Ruth to find out more.

For more information please ring
Sue Brown on 01903 703 132
Ruth Crack on 01903 703 118
www.worthing-homes.org.uk
Worthing Homes, Davison House,
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