



# live later life well

**Hillside  
Aylesbury**

Nursing and young and physically disabled care





# A warm welcome to Hillside

**At Hillside, we provide nursing care for 68 older people, those with a physical disability and younger people with a long term medical condition. All our bedrooms have an en suite toilet and sink while some also enjoy lovely garden views.**

It's a wonderfully calm and welcoming home, where our passionate team deliver personalised care in a friendly, supportive and safe environment.

The landscaped gardens and patios are perfect areas to enjoy the outdoors while our hair salon allows residents the opportunity for a spot of pampering.

There is a real community feel at Hillside and we encourage residents to be at the centre of everything, by getting involved in choosing menus, planning activities and optional events, helping residents to explore their interests and discover new ones. This includes armchair exercises, animal visits, gardening, personalised adventure experiences through our virtual reality headsets, baking, arts and crafts, bingo and quizzes.

We also have a dedicated chaplain for all pastoral and religious care needs.



Respite care available



Virtual tour on request



Find us on Facebook



24 hour care



Activities schedule



Chaplain



Day care



Dietary & religious needs catered for



En suite bedrooms



Hair salon



Home cooked meals



Landscaped, secure gardens



Snacks & drinks



Wheelchair access throughout



WiFi

Visit our website for further details and our key information document



To take a closer look into life at our care homes, find us on Facebook

# Care, above and beyond

At Hillside we develop a personalised care plan shaped around interests, needs and choices.

Round-the-clock care is provided by a team of highly trained carers, who are incredibly passionate about what they do. Life here is easy and enjoyable and we take the time to really get to know our residents to ensure we offer just the right balance of company and privacy for all.



## Nursing care

Our 24-hour nursing care is tailored for individual needs. Providing specialist nursing care for those with medical needs, whether that's a long-term illness or disability. Delivered with friendly expertise by our highly skilled team of nursing professionals.



## Young and physically disabled care

At Hillside we also care for younger people, aged between 18 and 65, with a range of complex health needs, such as Huntington's disease and multiple sclerosis. Specialist nursing care is delivered in a nurturing, safe and comfortable environment.

Our younger residents are at the heart of the home and we have a real ethos of fun. Where possible, we like to involve them in developing and running activities and taking care of the pets in the home. We encourage them to retain their independence, with the reassurance that help and support is available at all times.



# Creating a richer and more fulfilled later life

Our approach to care is a truly holistic one, always with the aim of nurturing mind, body and spirit.

This comes as part of our promise to you and our residents, to help them genuinely live a better, more fulfilled life by respecting their individual needs and presenting them with opportunities to keep their minds and bodies active.

Whether they flourish in a lively group activity or prefer to re-charge in the peaceful surroundings of a quiet space, our home is brimming with inspiration and potential.

## Enjoying every day

Activity Coordinators are integral to our homes, ensuring there is a varied weekly activities calendar, tailored to meet the individual interests and preferences of each resident.

## Recognising the spiritual needs of our residents

All MHA care homes provide residents with pastoral care through our dedicated chaplaincy service. Our chaplains provide one-to-one support, a sense of comfort and a listening ear to everyone who needs it. We know that spirituality is important to many of our residents which is why we treat every person as an individual and encourage links with local faith communities where appropriate.



## Keeping in touch with each other

There are a number of ways to keep in touch with family and friends in addition to visiting the home. Using technology you can catch up over Zoom, through our Facebook page, or Famileo, an individual, personalised digital/printable family newsletter.

## Creating a safe environment

We have a call system which can be operated by a hand control or pendant, depending on personal preference. All floors are secured by keypad coding to ensure that residents are safe and secure at all times.

## Freshly prepared, nutritious meals

Mealtimes are an important part of the day here, giving residents the opportunity to get together and enjoy home cooked food in a relaxed restaurant-style environment.

We always offer two meal options and all specialist diets are catered for. Our chef will happily prepare an alternative dish if nothing on the main menu appeals.



Freshly prepared meals, cooked by our in-house chef



Snacks and drinks available 24 hours a day



Locally sourced meats, fruit and vegetables where possible



Home baking every day



Seasonal ingredients – menus change three times a year with input from residents



Relatives welcome to join residents for meals



Specialist equipment and assistance as needed

# Personalised Nursing Care

MHA nursing homes provide care for those with long-term illness or disability where more complex medical support is required.

We are dedicated to meeting the changing physical and mental health needs of each resident with ongoing nursing care. We ensure that each resident is treated with the dignity and respect that we all deserve to enable them to live later life well.

## Full time care

We can offer you reassurance and peace of mind with 24 hour care, 7 days a week, from a team of highly trained carers. We will take care of the daily management and administration of medication, provide nutritious meals where changing dietary needs are catered for while ensuring the home remains clean and safe. We also encourage residents to socialise and interact with others, reminiscing and sharing stories with like-minded people where possible.



Respect and dignity at all times



Activities tailored to meet individual needs and preferences



Famileo personalised family newsletter



## Seize the day!

We encourage residents and their relatives to share their 'seize the day' dreams with care staff who will endeavour to turn the wish into reality. This could include visiting a location that holds special memories, enjoying a former pastime or trying something for the first time.

## End of life care

When residents need specialist end of life care, our staff team will work closely with healthcare colleagues from outside of the home to ensure comfort, dignity, emotional and spiritual support. In preparation for this, they will seek to understand a resident's preferences and wishes for end of life care and support. Our Chaplains work closely with the whole staff team at this time and are available to support family and friends as required.

**“The care and consideration given by the staff to residents and visitors is as though you are their own family. They are always welcoming and friendly and so gentle with our precious loved ones.”**

Sandra, posted on [carehome.co.uk](https://www.carehome.co.uk)





# MHA in your community

We're proud to be the UK's largest charity care provider and are dedicated to enabling older people to live later life well.

MHA will be 80 years old in 2023, that's 80 years' experience of putting people at the heart of everything we do in all our homes, schemes and community services across England, Scotland and Wales.



## Retirement Living

Embrace the benefits of independent living in a community of like minded individuals. Our retirement housing is designed to meet the needs of older people. Find out more [www.mha.org.uk/retirement-living](http://www.mha.org.uk/retirement-living)



## Communities

MHA Communities, offer a variety of exciting and fulfilling social activities and services for people aged 55 and over. Find a scheme near you [www.mha.org.uk/communities](http://www.mha.org.uk/communities)



## Volunteering

Are you interested in volunteering for MHA? We can work together to find something both suitable and flexible for you and the needs of your local community. Volunteer now [www.mha.org.uk/volunteering](http://www.mha.org.uk/volunteering)



## Befriending

Befriending is one of the most popular services within our MHA Communities and gets people together to make friends either face to face or via the telephone. Find a friend near you [www.mha.org.uk/befriending](http://www.mha.org.uk/befriending)



## MHA Active

MHA Active has been created for older people to enjoy a range of live and on demand video based activities from the comfort of their own home. This includes baking, exercise, crafts, quizzes and religious services. Find out more [www.mha.org.uk/dc](http://www.mha.org.uk/dc)



## Contact us

For more information or to book a tour of the home.

### Hillside care home


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**General email:** [hillside@mha.org.uk](mailto:hillside@mha.org.uk)

[www.mha.org.uk/hillside](http://www.mha.org.uk/hillside)

 MHA Hillside

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### Information correct at time of publishing, September 2022.

This brochure is set out as a general outline of what we offer, and is for guidance only. The information in this does not in any way form part of a contract or warranty. All imagery should be taken as representative only. National and local guidelines were adhered to and PPE was worn correctly at the time of taking images in our care homes that are featured throughout this issue.



Proud to be part of the  
National Care Forum