

## Multi-sensory therapy

A growing body of research has found that the stimulation of people's senses – using light, sound, fabrics, massage and scents – can reduce feelings of tension and confusion and provide a positive lift in a person's moods.

Making Space multi-sensory therapies are known to:

- Increase happiness, enjoyment and relaxation
- Reduce sadness and fear
- Increase attentiveness to environment
- Improve communication
- Reduce challenging behaviour
- Improve staff morale

To provide these therapies, dedicated multi-sensory rooms are a feature of our Independent Hospitals and offer the following features:

- Curtains, throws and cushions in neutral colours which are soft to touch
- Fairy lights in soft colours
- Fibre optic items
- Textured objects to explore
- CD players with gentle classical music

We are also developing a multi-sensory garden because flowers and plants are ideal for stimulating the senses with pleasant fragrances and textured leaves. This one-to-one with nature is wholly therapeutic, both for those who enjoy gardening and for people who simply want to smell or touch the plants.

## Clinical and referral principles

*Monet Lodge is managed by Making Space and funded by NHS Manchester PCT. It provides care and treatment for 20 older people (10 men and 10 women) with dementia and associated challenging behaviour and who meet 'Continuing Care' criteria or, who have been detained under the Mental Health Act 1983 or been made subject to Section 117 aftercare.*

*Residents will stay at Monet Lodge for a period of up to 9 months pending clinical reports by the hospital team and partner agencies and professionals. Our aim for those who then leave us is that they are transferred, as seamlessly as possible, to a suitable environment for their continued care needs.*

*Within the provision two 'flexible' beds (one for men, one for women) are also available for respite care for those who meet the eligibility criteria.*

## Dementia care mapping

*Dementia Care Mapping is a key practise at Monet Lodge. In essence we promote 'personhood' by recognising and meeting the needs of people who have dementia, for comfort, identity, love, inclusion, attachment and occupation. We believe our skilled staff, working in a therapeutic environment, are totally committed to providing our person-centred service.*

## What next?

For more information on the services we provide please get in touch via any of the ways outlined below:

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INVESTORS  
IN PEOPLE



MINDFUL  
EMPLOYER



# Monet Lodge

## Making Space

### Independent Dementia Hospital



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

## An everyday life

When someone you love and care for needs the help of people who really understand dementia and its challenging care requirements, you can feel confident they'll be in the right hands with Making Space.

At Manchester's Monet Lodge Independent Hospital, Making Space gives people all the support and encouragement they need to live life as completely and comfortably as they possibly can.

Based on the latest research evidence, Monet Lodge offers interactive treatments and therapies regarded as 'best practice'. With light, bright, spacious, safe and relaxing living areas, it's a place dedicated to our firm belief that residents should enjoy an everyday life.

So, whether you're a person experiencing the symptoms of dementia, or you're a caring friend or relative, you can be sure Monet Lodge will provide care that respects each individual's condition...while enhancing their quality of life.

## An active life

Staying with Making Space at Monet Lodge is all about access to an interesting mix of normal day-to-day pursuits...the kind of activities that encourage independence, help maintain a

degree of physical fitness and create a feeling of being involved in everything that's going on.

Activities of Daily Living (ADL's) are a key feature in the approach we take to meeting an individual's needs. This includes simple daily tasks like getting washed and dressed, eating and doing housework, as well as getting out to do shopping, helping care for others...even looking after pets.

Every person is regularly assessed so we can continually monitor their suitability for each activity and make new and informed choices on which activities they would like to be involved in, as opposed to having someone else undertake these tasks for them.

## Reminiscence therapy

Dementia can typically lead to feelings of stress and anxiety, so it's important that this is relieved whenever possible. Essential personalised support goes a long way to achieving this by surrounding people with memorabilia that helps provide easy and comforting connections between past and present.

Working with trained 'well-being facilitators' and using photographs, music and memorable household objects, our residents are encouraged to get involved in discussions of past activities, events and memories. We also work with relatives and carers to compile 'memory books' – some-

thing highly personal to each individual and which allows team members to gain a more rounded understanding of the people they support.

## A full life

New challenges are an important part of helping people stretch their horizons and remain motivated. So we believe it's vital to encourage our residents to discover new pastimes that encourage them to express themselves and add new activities to their everyday routines. Just a few of these interests include:

- Art – drawing, painting, marbling and collages
- Music therapy – tailored to meet the individual preferences of each person
- Entertainment – singers, actors and musicians regularly visit the hospital
- Links with the local community and other activities of daily living, including going shopping, posting mail and going to church. These activities can be done on an individual or group basis, according to each person's preferences
- Trips further afield – with carers, family members and friends – typically to places like The Imperial War Museum, Tatton Park and Wythenshawe Hall. These outings prove extremely popular and provide further interesting reminiscence and discussion opportunities