



Upper
Mead

ISI **SPLENDID**
HEALTHCARE





Welcome To Upper Mead Care Home

At our care home in the heart of historic Henfield, you'll find a warm welcome, a true family atmosphere and a team determined to go the extra mile to enable you to live your best life. Set in a peaceful part of this quintessential West Sussex village, we're proud to deliver residential, nursing, and dementia care for older people that you can trust.

About Upper Mead

With an excellent reputation for each of our care types in the local area, we are proud to have formed strong bonds with other businesses and organisations in the village. This enables us to keep our residents actively involved in the community and has led to some heartwarming support from local people throughout the pandemic. Our residents enjoy interacting with different groups of people and visiting local small businesses to see what they have to offer.



To ensure we are offering the best support to our residents, we conduct a meeting with them and their loved ones before they move in to create an individualised care plan. This outlines the type of care they require, their needs and their likes which means our team can get to know our residents easily and ensure that they are settled and comfortable whilst providing 24/7 care.

Regular visits from friends and family are hugely important for the well-being of the people we support. Loved ones are encouraged to visit often with drinks and snacks available upon request. This allows you to spend quality time together and to make memories by joining in with our activities and events.



Life at Upper Mead Care Home

At Upper Mead we have a wide range of different facilities for residents to enjoy including:

- Communal Lounges
- Dining
- Private Courtyard
- En-Suite Bedrooms
- Dynamic Activities Program
- Hair Salon

When residing with us at Upper Mead Care Home, you can expect a true family atmosphere around like-minded people and a team who are determined to go the extra mile to enable you to live your best life. In addition to our exceptional care services, we have different facilities for residents to enjoy including 47 en-suite bedrooms, communal lounges and our hair salon.

These are open to our residents at any time of the day to relax with those closest to them while enjoying their favourite refreshments in our dining room. Residents are urged to live an active lifestyle and can do so in our private courtyard or through our dynamic activities program, there will always be something for everybody to take part in.



Care at Upper Mead

At Upper Mead Care Home, we offer different care services for elderly people with a variety of needs.

Convalescent Care

If you're seeking short-term rehabilitation after an illness or hospital stay, convalescent care is the ideal option for you. Upper Mead Care Home provides a family atmosphere where you can focus on recovery and continue your passions with the support of our experienced team who are available around the clock. Our purpose-built care home is meticulously designed to cater to your needs throughout your convalescent care journey.



Dementia Care

As part of our various facilities, our care home in Henfield features a dedicated unit for dementia care, ensuring personalised support for those living with dementia. Coping with advancing dementia while maintaining a regular routine can present some challenges, and that's why our

professional care team are on hand 24/7 to fulfil your needs and improve your quality of life. At Upper Mead Care Home, we have adapted our space in many ways ensuring residents are safe and comfortable at all times.



Nursing Care

If you are living with long term illness or have complex needs, our nursing care stands out as the best option for your requirements. Before you or your loved one makes the transition into our care home, we arrange a time to get to know you and understand your unique situation, allowing us to create an individualised care plan, specific to your needs.

This ensures that we provide the most fitting and personalised care to support your needs effectively. At Upper Mead, you can place your confidence in us, knowing that you'll receive high-quality nursing care during your stay.



Respite Care

At Upper Mead, we recognise that each day will bring different experiences for our residents no matter how long they are staying with us. Our respite care is perfect for individuals who need to recover from a short term illness or hospitalisation or those who are considering Upper Mead as their new home and want to become comfortable with our team, facilities and other residents.

Palliative Care

Palliative care is a specialised service dedicated to individuals who have a life-limiting illness, disability, or medical condition in the terminal phase of their care journey. Often it can be interchangeable with end-of-life care. The primary goal of palliative care is to ensure the individuals' comfort through the alleviation of pain and symptoms, while upholding their dignity and respecting their expressed wishes. Our team also extend a hand to the loved ones of residents receiving palliative care, as we understand how difficult this time can be for everybody.

Residential Care

Residential care at Upper Mead is an excellent option for older individuals looking for companionship through group living, maintaining independence most of the time but receiving occasional support from a professional team. At Upper Mead Care Home in Henfield, we make sure to always use an all-inclusive approach to residential care, ensuring the physical, mental, and emotional needs of our residents are always the top priority. We've created a true family atmosphere, catering to those who require additional support while living in a communal setting.





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