



Peninsula Care Homes

# PARKLAND HOUSE



**CQC:  
OUTSTANDING**

## An Outstanding Home...

An outstanding care home in Exeter, specialising in exceptional residential and dementia care. Situated in an elevated position on the western outskirts of Exeter, Parkland House has beautiful views over the surrounding countryside, while being within easy reach of the city centre. This is our largest home, accommodating up to 52 people who require residential and dementia care. Our safe environment and extensive grounds allow independence. Support is available from our experienced staff as required. We are thrilled to see our dedication reflected in our 'Outstanding' rating from the Care Quality Commission (CQC).



“From the first time I met staff, I was very impressed with their care and professionalism. Everyone made mum feel welcome and she was so happy here, which is testimony to their hard work. I cannot thank the staff enough for all their care, attention and love shown to my mum.”



### Life at our Exeter Care Home

Our spacious lounge is our main activity and family room boasting a beautiful cathedral ceiling. There is a bar serving drinks, which makes a great spot to socialise or to sit and watch the goings-on. Another large communal room provides access to the terrace and garden. The dining room invites sociable mealtimes, with our chef cooking up delicious, nutritious dishes for everyone to enjoy. A smaller lounge upstairs offers a tranquil area for relaxing – this is where you are likely to find people having a hand massage or listening to calming music.



### A Varied Activities Programme

We believe that ageing should be a continued stage of development and growth. Our activities team ensures that there are plenty of opportunities for new experiences at Parkland House, with a busy programme of clubs, events and trips. We also have excellent links with the community in Exeter, welcoming visitors from local groups.



### Bedrooms

Bedroom doors are painted in a range of colours to suit personal taste and furnished as front doors, which helps to give a homely feel and make them easily recognisable. Many of the rooms are ensuite, while the communal bathrooms and shower rooms have integrated equipment to support all individuals to enjoy a bath or a shower.



### Our Lovely Landscaped Garden

Our beautiful garden has been designed for gentle pottering, with a flat, wheelchair-friendly circular path that leads you back to the house. There is plenty of interest along the way, with bird feeders, raised flower beds and other sensory features dotted around. Our raised beds are used to grow fruit and vegetables, which are often used in our meals.







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## What relatives have to say...

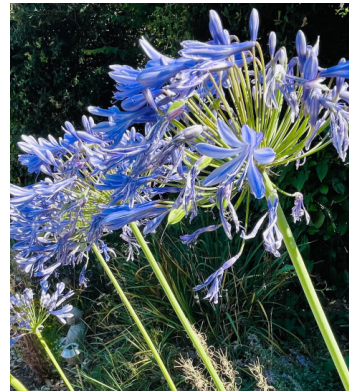
“My wife is 92-years-old and has been in residential care at Parkland House for approximately six and a half years. The care she receives at Parkland House is first class; the staff are helpful, caring and courteous.”

“The kindness and compassion of all the staff have made a huge influence on my mother. I’m so glad she is now a resident here. There seem to be activities regularly which is lovely and helps her interact with other people around her.”

### Dementia Care at Parkland House, Exeter

All of our staff receive dementia care training, with an emphasis on supporting people as individuals, recognising emotional needs and how to communicate well. We have a silent call bell system, which reduces noise and distractions in the home. There are areas of focus in each room, with dementia-friendly signage to help people find their way around. Our activities are designed to be stimulating and often have a sensory element. We place particular emphasis on reminiscing which has many benefits, helping to connect us to our past and our identity.

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### Registered Care Categories

- Dementia
- Physical Disability
- Caring for adults over 65 yrs

